



**REGULATION**  
**of the contest “Elbrus ring”**

## **I. Description, characteristics and organization of the competition**

1. The international competition for the units performing tasks in highland 'Elbrus Ring' (hereinafter referred as competition) is organized as part of the International Army Games 2021. This is a team competition, and the results of the teams will be assessed according to their total score.

## **II. Purposes and objectives of the competition**

2. Purposes of the competition:

strengthening of international military and military technical cooperation of the participating countries;

increasing of the fieldcraft level of the competition participants;

popularization of military service in mountain troops.

3. Objectives of the competition:

professional development of commanders controlling mountain units in highland;

testing of military personnel skills in preparing of weapons, special and climbing equipment to combat employment and readiness of military personnel to perform tasks in highland;

practice of working in challenging climatological and geographical conditions with the use of conventional and advanced models of navigation, communication, reconnaissance and climbing equipment;

development of volitional powers, psychological resistance, physical endurance and improvement of survivability in mountainous area;

defining of the best unit according to the results of the competition.

## **III. Preparing and Running the Competition**

4. The Competition Director, Panel of Judges and Competition Organizing Committee are appointed for running the competition and perform their duties (Appendix 1).

Direct organization and management of the Competition lies with the Physical Training and Sport Department of the Armed Forces of the Russian Federation (hereinafter referred to as the Physical Training Department).

The personnel of the Competition administration and the Panel of Judges is defined and appointed by the Director of the Physical Training and Sport Department of the Armed Forces of the Russian Federation.

The Competition Organizing Committee is responsible for planning, preparing and running the competition.

The Panel of Judges consists of the Chief Judge of the Competition (judge of the national category), the Assistants of the Chief Judge (judges of the 1st category) – 3 persons, the Chief Secretary (judge of the 1st category) – 1 person, the Judges of Special Tasks (judges of the 1st or 2nd category) – 14 persons. The Panel of Judges can also include representatives of the

participating teams (as agreed).

The Panel of Judges of the competition is responsible for running the competition in accordance with the Regulations on the competition, scoring and summarizing of the competition.

#### **IV. Participating teams and competition participants**

5. The teams submitted the application for the Competition in due time, are allowed to participate in the Competition.

The application confirms technical, medical and physical readiness of participants for the Competition. Application for the competition have the appropriate form (Appendix 2) and is provided to the Chief Judge of the competition upon arrival to the competition place.

Military persons passed mountain training course and having following abilities are allowed for the competition:

- defining risks in mountains independently;
- moving in a mountain unit through different types of mountainous terrain using climbing equipment;
- climbing mountain passes (peaks);
- cargo and injured transportation with the use of conventional and improvised equipment.

6. The participating team should consist of:

- the Head of the participating Team (referee) – 1 person;

- the Team Chief – 1 person;

- instructors – 2 persons;

- platoon (group) – 12 persons (platoon (group) commander – 1 person, mountain instructor (mountain guide) – 1 person, squad commanders – 2 persons, reconnaissance machine gunner – 1 person, reconnaissance sniper – 1 person, reconnaissance radiotelephone operator (code operator) – 1 person, reconnaissance aid-man – 1 person, reconnaissance man – 4 persons);

- reconnaissance men – 2 persons (for execution of special task № 15 “Speed race on the itinerary Azau (2356 m) – mountain Elbrus summit (5642 m)”);

- reserve servicemen (riflemen) – 2 persons.

Total: 20 persons.

Teams consisting of the following number of participants are allowed for execution of special task № 15 “Speed race on the itinerary Azau (2356 m) – mountain Elbrus summit (5642 m)”:

- the Head of the participating Team (referee) – 1 person;

- reconnaissance men – 2 persons.

Total: 3 persons.

7. A reserve participant is allowed to take part in the competition upon a written application of the team foreman, with the permission of the Chief Judge, but maximum 2 times in course of all the competitions.

Replacement of participants by reserve servicemen is made before the beginning of the following stage of the competition and is penalized once.

The replaced serviceman is not allowed for further participation.

8. The participating teams use weapons, climbing equipment and accessories similar by their characteristics to the ones being in service in the Armed Forces of the Russian Federation (Appendix 3) as well as video recorders of team's actions on route (2 GoPro video cameras with extra batteries for each team).

Using self-made equipment or equipment with independently made changes (completions) and also the equipment which is not determined by regulations is not allowed.

Weapons, climbing equipment and accessories, uniform of participants should be of dark (protective) coloration and should not reveal a participant against mountainous area

The unit commander distributes weapons, rations and climbing equipment to the members of the unit.

9. The unit commander, team referee with the help of intermediaries control presence of weapons, climbing equipment and accessories.

Moreover equipment control can be organized any time by a Chief Judge (by one of his assistants) in front of team judges of participating team.

## **V. Carrying out credentials committee and draw**

10. The credentials committee is carried out on the day before the first day of competitions.

The chief judge during one of daily meetings with representatives of teams-participants explains and specifies an order of carrying out credentials committee and conditions of draw.

One of main objectives of credentials committee – confirmation of bids by teams-participants.

On credentials committee the senior of team-participant of a competition submits to the chief judge of competitions the following documents:

application for participation in a competition (appendix No. 2). The application is confirmation of readiness of staff of team on technical, medical and physical indicators to participate in a competition;

identity documents (passport).

11. After credentials committee the chief judge will conduct the draw of 1 stage of competitions.

It is carried out in the manual mode at direct presence of official representatives, participants of competitions, representatives of teams.

Draw it is carried out by method of direct pulling of numbers manually. For draw the glass transparent vessel in which spheres on number of teams-participants are placed is used. Spheres have to provide placement in them starting numbers.

Following the results of draw the secretariat of competitions assigns to each team starting number on 1 stage.

On the day before carrying out 2 and 3 stages draw is also carried out.

If the team is removed from a distance (it is exempted from further participation) after the end of draw, then other teams continue to act at numbers chosen by lot.

12. After draw and definition of starting numbers for member countries draw of foreign judges for implementation of refereeing of each team on each special task is made.

## VI. Scoring system

13. The places of the participating teams at the end of the competition are defined according to the total score for performing the special tasks.

The team having the best results for a special task, receives 1000 points (if a scoring procedure is not defined in a special task).

The score of other teams for performing a special task is calculated according to the following formula:

$$\text{Result} = \frac{t_1}{t_2} \times 1000$$

$t_1$  – time of the best team

$t_2$  – time of the team

At the Special Task 1 'Individual Climbing' time results of participants are summed up. And at the Special Tasks 2 'Climbing in a Roped Party', 3 'Mountain Obstacle Line' the points of participants or a roped party (three participants) are summed up.

14. The competition participants receive penalty time and points for violation of obstacle crossing techniques and safety requirements, replacement of participants (Appendix 4).

If 3 or more team members are sidelined, the team is suspended from participation.

Total result of points for the moment of disqualification is considered to be final and is put into rating table.

15. If two or more teams have equal total scores at the end of the competition, their results will be defined according to maximal score for performing of a Special Task 14 'Elbrus ascent'.

16. In case of prerequisites to violation of the safety requirements, force-majeure circumstances or the effect of compelling force able to affect the results of the competition, the Chief Judge suspends it either for a particular team or for all participating teams moving on a route before providing normal conditions for continuing of the competition. At the same time the time tracking for teams moving on a route is suspended. After elimination of causes of the suspending, the time tracking is continued at the command of the Chief Judge.

The Chief Judge is authorized to introduce changes into the competitions' program, into the sequence and order of special tasks after discussion with participating teams' referees.

17. The results of every competition day are recorded in a protocol, which is signed by the members of the Panel of Judges and after approval by the Chief Judge of the competition the protocol is forwarded to the teams and the Chief Judge of the Army Games.

The results of the teams are represented by the Panel of Judges in the table of records. The place in the table of records corresponds with the score of a

particular team.

## **VII. Health service support and safety requirements**

18. The Competition should be provided with medical support having an opportunity to allow team members to participate, deliver medical treatment to injured and ill participants, and transport them to medical facilities of the Defense Ministry of the Russian Federation, if necessary.

The Medical Officer of the Competition, subordinated to the administration of the Competition, is responsible for correct and well-timed medical support.

19. Before departure from permanent dispositions, all participants should: pass medical examination in order to confirm their medical readiness to perform tasks in mountains.

After arrival of the teams to the competition place and before beginning of the competition the participants attend a medical examination.

During the competition, health service support en route is performed by the aid-man of the participating team.

20. Injured persons are evacuated with the use of cars and helicopters to medical facilities.

21. The administration and participants of the Competition should follow the Safety Requirements (Appendix 5). Safety briefings are provided upon arrival of the teams to the competition place.

## **VIII. Procedure for awarding of competition winners**

22. Winners of the competition are awarded ceremoniously with cups, medals, merit certificates and valuable gifts. The awarding ceremony takes place at the end of the competition and after approval of the final competition protocol by the Chief Judge of the competition.

## **IX. Procedure for lodging and consideration of protests**

23. Protests referring to the results of a competition day or actions of the competition Panel of Judges are lodged by the leader of the participating team in the form of a written request.

Protests are received by the Chief Secretary of the Competition before approval of the results of a competition day, within an hour after publication of preliminary protocols.

The time of approving of daily results is defined by the Chief Judge of the Competition.

The request includes photographic and video materials capturing claimed moments (actions) which need consideration and settlement by the competition Panel of Judges and specifying a point of issue, time and place of the claimed actions.

24. The decisions of the Panel of Judges connected with security issues

including cancellation of stages (special tasks) or their suspending do not give occasion to a protest.

A protest is considered by the Main Board of Judges (Chief Judge, Chief Secretary of the Competition, Safety Assistant of the Chief Judge, Technical Assistant of the Chief Judge, Assistant of the Chief Judge for Practical Actions) with engagement of Special Tasks Judges.

The General Panel of Judges gives both sides of the protest a hearing. If any side doesn't attend the proceedings, the decision of the General Panel can be taken in the absence of this side.

The final decision referring to the protest is taken by the Chief Judge of the competition.

25. The decision referring to the protest is written in the protocol, approved by the Chief Judge of the competition and forwarded to the head of the participating team lodged the protest.

In case of disconfirmation of the lodged protest the team which has lodged it receives 300 penalty points.

## **X. Schedule of the competition**

26. The Competition has 3 stages:

**Stage 1** – competition at the training facilities of the Terskol Center.

**Day 1**

**Special Task 1:** Individual climbing on an artificial terrain (climbing wall).

Uniform:

special suit, climbing shoes, kevlar helmet, ammunition vest, assault rifle cal. 5.45 mm and 4 magazines, climbing harness, small carbine with coupling – 2 pcs, 10 mm climbing rope for chest and seat harness – 4 m).

Starting position:

the participants are fastened on a judge rope, hands and one foot are on grips of a climbing wall, one foot is on a mat (platform) in a place marked by a square.

Procedure of performing of the special task:

Start and finish places can have every size and be situated in every location. As the participants are ready, the commands 'Ready! Set! Go' are initiated. The command Go is marked by sound signal. Participants cross the route by climbing without use of any equipment lightening or accelerating the movement.

Finish is the moment of pressing the finish button and fixation of time result by electronic system and presentation of this result on the electronic scoreboard. Duplication of the electronic system "START-FINISH" is made by referee-time keeper with the help of two stop-watches for each participant.

In case of electronic fixation system failure the Panel of Judges checks the equipment. If the failure of the electronic system is revealed the participant gets the result, fixed by the referee time keeper.

The servicemen can move on a route in every chosen direction (but only within a marked route). Two participants start simultaneously and move on two

parallel routes. The moment of touching of the control point by hand is considered as finish. Climbing and descent are performed only with the use of upper climbing protection which is provided by automatic safety equipment or judges.

Procedure of performing of the special task:

All team members perform this task (12 persons).

Machine gunner and sniper perform the special task with rifles cal. 5.45 mm.

Position of the weapon during performing of the special task should provide its rapid use.

The route is mapped straight up with side deviations. Total distance of the route is 15 m.

The score of every participant for performing a special task is calculated according to the following formula:

$$\text{Result} = \frac{t_1}{t_2} \times 83$$

$t_1$  – time of the best participant

$t_2$  – time of the participant

The points of all participants are summed up for defining a result of a team for the special task.

Special Task 2: Orientation in the mountain area.

Uniform:

special suit, climbing shoes, kevlar helmet, ammunition vest, assault rifle cal. 5.45 mm and 4 magazines, individual radio, backpack.

Starting position:

Two-line formation on the starting line.

Procedure of performing of the special task:

The time is kept from crossing the starting line.

One minute before the command “Go” the commander of the group receives the map with control points (CP) marks. After that he plans the route.

The team should find as much CP marked on a map as possible for 70 minutes. Crossing the CP is recorded with the use of an electronic system. The entire team should use the electronic system. The time gap between the first team member and the last one should not exceed 180 seconds, otherwise crossing the CP will not be considered. The sum of CP points is equal to the first number of a CP code. For instance, CP 31 is equal to 3 points.

Particularities of performing of the special task:

One day before the special task competition the commander of the group receives the map of the region without CP for observation of the territory (Appendix № 8).

The total number of control points (CP) – 20.

Control point (CP) № 60 should be found and marked first.

The team time is determined by group commander’s chip, that’s why he is marked first at the start and the last at the finish.

It is permitted to use positioning and navigation devices.



In case of health issues of a participant it's necessary to contact the referee and get the injured to the nearest ambulance station.

## **Day 2**

Special Task 3: Climbing in a roped party on an artificial terrain (climbing wall).

Uniform and equipment for every serviceman: special suit, climbing shoes, kevlar helmet, gloves, ammunition vest, assault rifle cal. 5.45 mm and 4 magazines, climbing harness kit (big carabiner with coupling – 2 pcs, small carabiner with coupling – 3 pcs, 'Figure-8' or 'Reverso' descender device - 1 pc, 10 mm climbing rope for chest and seat harness – 4 m, two pieces of 6 mm reepschnur – not less than 1 m). Necessary minimal climbing equipment for one roped party: two 10 mm climbing ropes – 50 m each, sling – 2 pcs, assembled runner with straight-gate and wire-gate carabiners – 10 pcs, big carabiner with coupling – 4 pcs (provided by administrators at start of the stage).

Starting position:

The participants are fastened on a judge rope and stand on a marked platform. Equipment provided by the administration of the Competition is placed on a marked platform, the rope for a roped party is coiled.

Procedure of performing of the special task (Appendix № 9):

participants fasten themselves on a judge rope. As the participants are ready, the command 'GO' is initiated. The members of a roped party should loose the coiled rope and tie themselves with figure-8 bend. First member of a roped party climbs on a marked route with protecting of a climb at passing points (not less as five) before reaching the station place (marked on a route). Organization of the station and vertical handhold (if they are foreseen in the tactical plan of the roped party). Second member of a roped party climbs by fixed rope or without it. Change of a roped party leading member and moving to the second station. Descent with the use of a rope: the first member of a roped party descends with the use of upper climbing protection, the second member descends using a double rope and self-protection with prusik knot, running through a rope. The time of performing of the special task is stopped after falling of the rope into the finish zone.

Procedure of performing of the special task:

Two roped parties from every team perform this task (every roped party consists of 2 persons).

Machine gunner and sniper perform the special task with rifles cal. 5.45 mm.

Both participants are tied on an upper climbing protection of the judges.

The score of a roped party for performing a special task is calculated according to the following formula:

$$\text{Result} = \frac{t_1}{t_2} \times 500$$

$t_1$  – time of the best roped party

$t_2$  – time of the roped party

The points of all roped parties are summed up for defining a result of a team for the special task.

## **Day 3 Day 4**

#### Special Task 4: Mountain obstacle line

Uniform and equipment for every serviceman:

special suit, demi-season mountain (tracking) boots, kevlar helmet, gloves, ammunition vest, standard weapon, climbing harness kit (big carabiner with coupling – 2 pcs, small carabiner with coupling – 3 pcs, 'Figure-8' or 'Reverso' descender device - 1 pc, 10 mm climbing rope for chest and seat harness – 4 m, two pieces of 6 mm reepschnur – not less than 1 m).

Starting position:

Two groups of 3 participants (hereinafter referred to as threes) are in a marked area in prone position with weapons and equipment and observe the first obstacle. Two other threes are in the waiting area, ready to move to the starting position upon the signal of the judge.

Equipment of the obstacle line:

The obstacle line is arranged on a natural tough terrain. Distance – 300-450 meters. The line consists of the following obstacles:

- 1) Climbing with the use of fixed rope (not less than 3 meters).
- 2) Cargo lifting (ammunition box) 24 kg.
- 3) River crossing.
- 4) Descent with the use of a fixed rope to a depth not less than 5 meters;
- 5) Stream crossing via stones (dry river wash).
- 6) Grenade throwing (slope steepness 30-35 degrees, length 25 meters, distance between throwing line and control line – 15 meters).
- 7) Passing a log.
- 8) Destroyed bridge.
- 9) 'Hill' (slope steepness 30-35 degrees, distance 40-45 meters).
- 10) 'Sport' descent (slope steepness 30-35 degrees, distance 40-45 meters).
- 11) Restricted pass (distance not less than 5 meters).

Starting position:

Two groups consisting of 3 servicemen each (hereafter threes) with weapons and equipment lie at the starting zone observing the area towards the first obstacle. The next two threes wait in the holding area for the referee signal to advance towards the starting line.

Procedure of performing of the special task (Appendix № 10):

As the threes are ready, the command 'Ready! Set! GO!' is initiated. The threes should cross the obstacles in a marked direction (red and yellow) and perform appropriate actions in the following order:

run to the first obstacle – two participants assigned for guarding prepare for shooting from the kneeling position from the positions marked by flags, one participant climbs with the use of a vertical fixed rope (using the 'jumar' ascender, protected with prussik knot, a control carabiner is attached to the jumar) to the protecting station, arranges self-protection, makes himself ready for action and gives a signal to the next participant. The second and the third participants climb in turn from battle-ready positions;

lift the rope with fixed box (cargo) weighing 24 kg to the mark, let down the cargo to the starting point hand over fist; The exercise is performed by one of three

participants after climbing of three participants to the protecting station and arranging self-protection;

crawl to the opposite slope using one-rope bridge and self-protection; Crawling is performed in turn. The first participant crawls to the opposite slope, other two participants are in marked places in kneeling positions, guarding the crawling participant.

descend to the depth not less than 5 meters with the use of a fixed rope (a participant descends only when the rope is free, other participants are waiting for descent in marked places in a battle-ready position, guarding the participant crossing the obstacle), 'Figure-8' or 'Reverso' descender devices and self-protection with prussik knot;

cross a dry river wash via marked stones in turn.

throw a grenade into a trench (width 1-2 meters, length 2-4 meters) on a slope (steepness 30-35°). Distance to the trench is 20-25 meters. RGD-5 grenades (310 grams) are situated at the throwing site. One participant of three throws three grenades one after another standing or running. If a grenade falls behind the trench and then rolls into the trench it is considered as hit. Other two participants are guarding him from the marked positions;

pass a swinging log (length not less than 5 m, diameter 20-30 cm). The first participant crosses the obstacle via the log, other two participants are in marked places in kneeling positions, guarding the running participant;

cross a destroyed bridge in turn. The first participant crosses the bridge, other two participants are in marked places in kneeling positions, guarding the running participant;

climb a steep slope (30-35°) 40-45 meters long without using supplementary equipment (a participant can use a judge fixed rope) and touch the control point;

descend using a 'sport' technique 40-45 meters down the slope (steepness 30-35°) with prusik knot protection. One participant of the three performs the exercise, other two participants are in marked places in kneeling positions, guarding the crawling participant;

simultaneously and in any way go through a restricted pass not less than 5 meters long and not more than 0,5 meters high;

when the third participant goes through the restricted pass, all three participants run through a marked corridor and crosses the finish line. The time is stopped when the last participant of the three crosses the finish line.

Procedure of performing of the special task:

The obstacle line is equipped with direction signs, its borders are marked with barrier tape.

Sequence and procedure of crossing the obstacle line can be changed by the decision of the Chief Judge of the Competition according to weather conditions and safety considerations.

The obstacle line is crossed by groups consisting of three participants (combat threes).

The task can be performed with standard weapons without optical sights.

Two threes start simultaneously and move via two parallel routes. Next two threes start after a time interval defined by the Chief Judge.

Assembly points for threes are marked with flags of corresponding colour.

The participants are allowed to cross the obstacles and perform special techniques and actions in any way if crossing techniques of the obstacles are not defined in the crossing procedure.

If a participant omits any obstacle or action, it is considered as a failure of the special task.

After crossing every obstacle a participant who crossed the obstacle gives a signal to the next participant. Crossing an obstacle when a previous participant is crossing it, is prohibited.

The three moves to the next obstacle when the third participant crosses the previous obstacle.

Fixation of time result by electronic system and presentation of this result on the electronic scoreboard.

Duplication of the electronic system is made by referee-time keeper with the help of two stop-watches for each participant.

In case of electronic fixation system failure the Panel of Judges checks the equipment. If the failure of the electronic system is revealed the participant gets the result, fixed by the referee time keeper.

The servicemen assigned for guarding, prepare for shooting from kneeling position at the places marked by flags.

The calculation of points is made separately for each direction.

The score of a combat three for performing a special task is calculated according to the following formula:

$$\text{Result} = \frac{t_1}{t_2} \times 250$$

$t_1$  – time of the best roped party

$t_2$  – time of the roped party

The points of all threes are summed up for defining a result of a team for the special task.

Special Task 5: Shooting in mountains within a group.

Uniform and equipment for every serviceman:

special suit, demi-season (tracking) boots, kevlar helmet, ammunition vest, standard weapon, tactical backpack (25 liters).

Starting position:

At the command of the judge the participants run to the start line marked with white pillars. The participants form a rank at the starting line towards the shooting range,

Procedure of performing of the special task:

The group commander orders to come into fire position (standing trenches).

When the group commander reports that the participants are ready to shoot, the administrators start to show the targets.

The participants observe in their observation areas and destroy the targets at the command of the group commander or independently.

At the end of shooting the weapons are unloaded and examined.

Target: breast target with circles (target 4) on a shield 0.75x0.75 m, the shield is positioned at the ground level (without an opening).

Target ranges:

Range 1 (100 metres) - 10 targets – for riflemen;

Range 2 (150 metres) - 12 targets – for riflemen, machinegunner and sniper;

Range 3 (200 metres) - 12 targets – for riflemen, machinegunner and sniper;

Range 4 (250 metres) - 2 targets – for machinegunner and sniper.

Number of rounds:

5.45 mm assault rifle rounds - 9 pcs. (3 rounds for every range);

7.62 mm machine gun rounds - 12 pcs. (4 rounds for every range);

7.62 mm SVD rounds - 6 pcs. (2 rounds for every range).

Time for shooting: 30 sec. (for every exposure of targets). Time gap between exposures of targets – 10 sec.

Shooting position: standing from a trench with support.

Procedure of performing of the special task:

The participant shoot at a target positioned at a strictly defined (numbered) firing direction. Number of position (trench) corresponds with firing direction.

This exercise can be performed without optical (collimating) sights.

Every number of points for SVD is multiplied in accordance with a number of shooting range (range 2 – number of points is multiplied by 2, range 3 – number of points is multiplied by 3, range 4 – number of points is multiplied by 4).

The number of points on the results of hits is summed up.

If there are more hits on the target as defined, hits with more points are not considered.

The team which hits more targets (gets more points) than the others receives 1000 points.

The score of the team for performing a special task is calculated according to the following formula:

$$\text{Result} = \frac{t_1}{t_2} \times 1000$$

$t_1$  – number of points hit by the team;

$t_2$  – number of points of the best team.

**Stage 2** - foot march in highland with standard weapons and communication tools, crossing of different types of mountainous terrain with the use of climbing equipment.

Route: Azau field – Terskol ravine – Terskol pass (ht. 3534 m) – Irik glacier (ht. 3898 m) – Irikchat glacier (ht. 3784 m) – Dzhikauchekkez ice plateau (ht. 3478 m) – Irahiksyrt plateau (ht. 2961 m) – Buruntyshe pass (ht. 3086 m) – Palnbashi pass (ht. 3691 m) – Koltsevoy pass (3523 m) – Kukurtli glacier – Kebek pass (ht. 3671 m) – Veronica pass (ht. 3530 m) – EKT pass (ht. 3420 m) – Ullukam ravine – Khotu-Tau ravine (ht. 3549 m) – Bolshoy Azau glacier (ht. 3334 m) – ice lake (3264 m) – Maly Azau glacier – Terskol settlement (ht. 2462 m).

Route description:

distance – about 95 km;  
 total gain (loss) in altitude at climb (descend) areas – about 11 km;  
 route time – 6 days;  
 route terrain – combined, medium difficulty.

### ***Day 5***

The entire unit with weapons and equipment marches through unchallenging ice, grassy and talus slopes during the day. The unit performs the following special tasks on the route:

#### Special Task 6: Parallel rope bridge.

Uniform:

according to the Appendix 3 of this Regulations.

Starting position:

The group comes to the marked starting area where it prepares to cross (maximum 15 minutes). During this time, the team is authorized (if necessary) to tighten rope bridge, using the equipment, which they carry according to Appendix №3.

When all participants are ready to cross the river, the commander reports to the mediator that the unit is ready. At his command “Ready! Set! Go!” and at the flag signal the group starts crossing the river.

Procedure of performing the special task:

First participant crosses the river with side steps, standing on a double (lower) rope and holding a single upper rope. A cowstail should be attached to the upper double rope during river crossing.

A team member crossing the river should be belayed with one rope attached to his carabiner. After crossing the river, a team member makes a 'shuttle' of his protecting rope. The carbine of a shuttle is fixed to the chest carbine of a participant. The ends of a shuttle are belayed at the bank.

The weapon is fixed by the trigger guard of the carbine with the socket to the climbing harness of a participant.

Other participants cross the river with personal weapons in the same way, belayed with a 'shuttle'. The commander of a team defines a priority of river crossing.

Next group member is authorized to prepare for crossing (without loading the rope). Next group member begins to cross the river only when the previous group member or the load is unfastened from the rope on the opposite bank.

The last participant dismounts the 'shuttle' and fastens the fixed rope on himself.

Procedure of performing of the special task:

During the performance of the task minimum three servicemen guard the group. The servicemen assigned for guarding poise for shooting from the “kneeling position” at the areas marked by flags.

The servicemen assigned for guarding stand either on both river banks or at one. In case of absence of the guarding, the team is penalized.

The time is kept from the command 'GO' of the judge on the entry bank till the last participant has crossed the river and uncoupling of the team equipment from the rope bridge.

If a participant falls from the rope bridge, the team returns him to the starting point with the use of a shuttle. After that the participant tries to cross the river one more time. The time is not stopped during these actions. A participant is considered to be fallen if he hangs on a self-protection. If the last participant has fallen from the rope bridge and can't get back himself, the team pulls him back to the entry bank and the last participant executes the special task one more time.

The participants cross to the opposite bank without backpacks.

It is forbidden that the backpacks are transported in the same moment with servicemen.

After crossing the river by the last group member the group marks the rope used for protection during crossing the river. At the order of the commander the group forms up the battle order and continues to follow the route.

Special Task 7: Rope bridge across the river.

Uniform:

according to the Appendix 3 of this Regulations.

Starting position:

The group comes to the marked starting area where it prepares to crossing. When the group is ready it marches to the starting zone.

At the marked area the group commander designates three servicemen for guarding. At the command of the commander other members of the group begins preparing to fording the river by the first serviceman. When all serviceman put on harnesses the commander reports to the judge at the area that the unit is ready. At his command the group starts crossing the river.

The team has 5 minutes in the starting zone to prepare for fording the river by the first serviceman. Within 5 minutes or at the report of the group chief about readiness of the team for execution of the special task, the referee at the entry bank commands "Ready! Set! Go" and by flag signal.

The weapon is fixed by the trigger guard of the carbine with the socket to the climbing harness of a participant

Procedure of performing of the special task:

River crossing is performed by one serviceman. He is protected with two ropes tied to his carabiner with figure-8 bends. Before crossing the river the group commander defines communication signals. It's recommended to cross the river diagonally down the river. The serviceman crosses the river with the use of alpenstock.

After crossing the river the serviceman ties two ropes to the marked support, gives a signal, takes the position defined by the commander beforehand and observes the bank of the river.

After tying of the ropes at the opposite bank, the first rope is strained with a tackle system. The second rope is used for making a 'shuttle'. After straining the rope bridge the group with individual weapons crosses the river using the rope bridge. The backpacks are transported separately.

The serviceman fastens himself to the strained rope using the main (located on the waist) carabines of the harness, couplings of carabines are screwed.

It is imperative that the participant fixes his rope in the shuttle carabine. The shuttle is fixed in the thrust ring of a waist system. Fixation of the ends of a shuttle is obligatory.

The lanyard is fastened on the prearranged fixed ropes of judges in order to perform an additional protection. The fixed ropes of judges are soft-strained over the rope bridge.

The group member crosses the river on the rope pulling up with hands and pushing off with feet.

Servicemen are allowed to be in the starting and finish zones (marked by control lines on three sides) without cowstail, help their colleagues to cross the river (lift a group member using the 'shuttle' rope) and receive the cargo, without outstepping the control lines of starting and finish zones.

After crossing the river by a group member the shuttle returns to the starting position. After that next group member crosses the river.

When the entire group and equipment are transported over the river, the servicemen remove the rope bridge, take them to the opposite bank and put the equipment together.

Procedure of performing of the special task:

During the performance of the task minimum three servicemen guard the group. The servicemen assigned for guarding poise for shooting from the "kneeling position" at the areas marked by flags.

The servicemen assigned for guarding stand either on both river banks or at one. In case of absence of the guarding, the team is penalized.

The time is kept from the command 'GO' of the judge on the entry bank till all the participants and the equipment (except for the equipment lost during execution of a special task), including alpenstock, are in the finish zone.

During preparation and crossing of the first serviceman a rope and a plunger-alpenstock are used. The group chief receives this equipment from a mediator upon arrival. After execution of the special task the group chief is obliged to return the rope and the plunger-alpenstock at the opposite bank.

The main rope of the rope bridge is assembled in a coil and left at the bank. The fixed ropes of judges are not removed.

The next teams which arrive for execution of a special task are given direction number by the Chief Judge at the special task.

The group puts the equipment together, at the order of the commander forms up the battle order and marches on a marked route.

The time allowed for the arrival at the overnight accommodation site 18.00

## ***Day 6***

The entire unit with weapons and equipment marches through unchallenging icy, grassy and talus slopes during the day at the route Azau field – Terskol ravine – Terskol pass (ht. 3534 m) – Irik glacier (ht. 3898 m) – Irikchat glacier (ht. 3784 m) – Dzhikauchekkez ice plateau (ht. 3478 m) – the lake (ht. 3324,0 m.) and



performs the special tasks:

Special Task 8: Moving through the rock area.

Uniform:

according to the Appendix 3 of this Regulations.

Starting position:

Upon arrival to the marked area the group members take positions and perform all-round observation.

Procedure of performing of the special task:

At the order of the commander the group members prepare to move through the rock area (put on body harnesses, prepare equipment) at the equipment preparation zone. The commander designates the group member who moves first through the rock area (leader) and the group member protecting the leader (protector).

The leader and the protector prepare necessary equipment (ropes, carabiners, runners, slings).

The commanders of the groups report about readiness and then the judge commands "READY!" "SET!" "GO" and shoots the starting pistol the team starts crossing the rocky area. Start is given simultaneously in all directions.

The group prepares the first station for belay using two safety points located in the places indicated by red squares. The belayer arranges belay for the leader and issues the command "Belay is ready!". Belay is organized through the first station and intermediate points of belay (at least five, indicated by yellow squares). The rise of the leader is carried out with bottom belay by free climbing without the help of any devices that facilitate or accelerate movement to the place of organization of the second station (points are indicated by red squares on the relief), organize the station and become self-belayed. Gives the command "On self-belay!". Fastens the railing. In addition, to raise the rest of the personnel, it is possible to organize a second station using jumper hooks located nearby.

The members of the team climb one after another with the use of a fixed rope at the command.

Lifting of backpacks by pulling with a rope is not allowed, with the exception of the leader's backpack, the lifting of which is accompanied by the last participant.

Procedure of performing of the special task:

Area distance is up to 50 meters. The start point, corridors and finish point of the route are marked on the terrain. Each serviceman, before starting to move along the railing, must take a lanyard to the first station and prepare for lifting (without loading the rope). Upon completion of the railing movement, he is obliged to make self-belay to the second station and then release the railing rope.

The preparation for the movement of the next participant from the first station begins only after the serviceman arriving at the second station, on self-belay, releasing the rail rope from the equipment and giving the command "Railings are free!".

Number of the rock area is defined in accordance with the results of drawing

procedure.

Helping a participant climbing on a rope is prohibited.

Only one group member can use the section of the fixed rope.

The timing for the group finishes when the last group member touches the control point.

During the performance of the task minimum three servicemen guard the group. The servicemen assigned for guarding poise for shooting from the “kneeling position” at the areas marked by flags.

The servicemen assigned for guarding stand either on both stations or at one. In case of absence of the guarding, the team is penalized.

Upon finishing this task the team puts the equipment together, forms up the battle order and marches via the marked route to the overnight stop.

Check time for arrival to the overnight stop is 18.00.

### ***Day 7***

The entire unit with weapons and equipment marches through unchallenging grassy and talus slopes during the day on the route the lake (ht. 3324,0 m.) – plateau Iraksirt (ht. 2961 m.) – passage Buruntish (ht. 3086 m) and perform special tasks.

Special Task 9: Air delivery with forced march.

Uniform:

according to the Appendix 3 of this Regulations.

Starting position:

The unit arrives at the landing point of Mi-8 helicopter (the unit commander receives the coordinates of the landing point beforehand) and by approach of the helicopter marks the landing point with smoke signal.

Procedure of special task performing:

At the order of the commander the unit embarks at the helicopter.

After arrival at the destination point the whole unit lands by airland delivery from the Mi-8 helicopter, marches to the defined rally point located in 500 m from the delivery point.

Upon arrival at the rally point, the group prepares itself to the forced march. The commander of the group reports the judge about readiness of the group. Upon the command “Ready!” “Set!” 'GO', the group performs 5 km forced march from the rally point to the arrival point.

Procedure of performing of the special task:

Start and finish points are marked at the terrain by the judging panel.

The timing starts upon crossing the start line by the first group member and finishes upon crossing the finish line by the last group member.

The results are recorded by stopwatch, as well as electronic system.

### ***Day 8***

The entire unit with weapons and equipment marches through unchallenging ice and talus slopes during the day. Route: Buruntish pass (ht. 3086 m) – Palnbashi

pass (ht. 3691 m) – Koltsevoy pass (3523 m) – Kukurtli glacier – Kebek pass (ht. 3671 m)

Check time for arrival to the overnight stop is 18.00.

### **Day 9**

The entire unit with weapons and equipment marches through unchallenging ice and talus slopes during the day. Route: Kebek pass (ht. 3671 m) – Veronica pass (ht. 3530 m) – EKT pass (ht. 3420 m) – Ullukam ravine – Khotu-Tau ravine (ht. 3549 m)

Check time for arrival to the overnight stop is 18.00.

### **Day 10:**

The entire unit with weapons and equipment marches through unchallenging ice and talus slopes during the day. Route: Khotu-Tau ravine (ht. 3549 m) – Bolshoy Azau glacier (ht. 3334 m) – ice lake (3264 m) – Maly Azau glacier – Terskol settlement (ht. 2462 m).

The unit performs the following special tasks on the route:

Special Task 10: Moving through the ice area 1 (climbing).

Uniform:

according to the Appendix 3 of this Regulations.

Starting position:

Upon arrival to the ice area the group members take positions on the marked area (number of the area is defined in accordance with the results of drawing procedure) and perform all-round observation.

The group members prepare to move through the ice area. The commander designates the group member who moves first through the rock area (leader) and the group member protecting the leader (protector). It's prohibited to have two leaders.

The leader prepares the necessary equipment (ice screw pitons, carabiners, runners, slings) and attaches it to his harness. The attached equipment should be easily available and should not hang down from the slings of the harness lower than knee level.

Procedure of performing of the special task:

The group commander reports about readiness of the group. The judge commands 'Ready! Set! GO'

The belayed prepares a belay station. The belay station is made with the help of 2 ice drills, carbines with a clutch and a station loop. After preparing the belay station, the belayer becomes self-belayed (in the master carabiner or in one of the station's ice drills) and prepares belay for the leader.

The leader (first group member) moves through the ice area with lower protection and mounts the fixed rope. During the move the leader and the protector communicate with each other with voice commands. During the move the group member mounts the protection points using ice screw pitons and slings. The distance between the protection points should not exceed 5 meters.

After mounting of the fixed ropes the group starts climbing at the order of the commander using the fixed ropes and 'jumar' protected with prusik knot. Only one group member can use the section of the fixed rope.

When the group members move through two sections of the fixed rope (climb to the upper protection station) they organize self-protection on prearranged fixed ropes of judges.

Particularities of performing of the special task:

Area distance is up to 100 meters. The start point, corridors and finish point of the route are marked on the terrain. The group should have 4 main ropes 50 meters long for moving through the ice area.

It is not allowed to be on the same railing more than 1 participant. It is allowed to prepare in advance for climbing the railing without strapping on it with a cowtail or otherwise.

At each station no more than one railing or one safety rope can be fixed. It is forbidden to make stations on general drills (two stations on 3 ice drills or three stations on 4-5 ice drills).

If a participant's crampon falls off his foot, he moves to the nearest belay point or, having organized a self-belay point in place (ice drill), becomes self-belayed and eliminates the defect.

Time stops after the last serviceman is self-belayed behind the finish line (to the command station or referee's rails, while all team members must be above the finish line).

After completing a special task, the whole group stands on the railing and begins preparations for the next special task.

Special Task 11: Moving through the ice area 2 (descent).

Uniform:

according to the Appendix 3 of this Regulations.

Starting position:

All team members are on the railing, above the starting line. Ropes are bundled. It is allowed to tie knots on the ropes before the start and, if necessary, fasten the rope to the participant. Belay stations are not twisted in advance.

After completing the previous special task, the team is given

15 minutes to prepare equipment for this special task.

According to the report of the group commander on readiness or after 15 minutes, the judge at the upper station gives the command "Ready! Set! Go!".

Procedure of performing of the special task:

During preparation to the descent the group mounts a belay station (using two ice screw pitons) and throws down the rope. A knot must be tied at the end of the thrown rope.

Descent of the group members is performed with the use of descenders and self-protection with prussic knot.

The last serviceman descends on a system of self-rotation of an ice drill using a double rope with a grasping knot, followed by pulling off the ropes. The self-drilling system of the ice drill is organized separately from the belay station.

Particularities of performing of the special task:

Area distance is up to 100 meters. The start point, corridors and finish point of the route are marked on the terrain, the fixed ropes of judges are strained along the marks.

Number of the ice area is the same as at the previous special task.

It is not allowed to be on the same railing for more than 1 participant. It is allowed to prepare in advance, to tie the grasping knot on the railing, while the other participant descends along these railing without fastening the grasping knot to himself or to another participant.

At each station no more than one railing can be fixed. It is forbidden to make stations on common ice drills (two stations on 3 ice drills or three stations on 4-5 ice drills).

If a participant's crampon falls off his feet, he hangs on the self-belay and eliminates the flaw.

It is forbidden to use the self-twisting system for the organization of a belay station or for self-belay.

The time is counted from the judge's at the upper station command Go! until all team members and all equipment (except for the lost equipment, during the performance of a special task) are behind the finish line.

The group puts the equipment together, at the order of the commander forms up the battle order and marches via a marked route.

### ***Day 11***

Rest of the groups, maintenance of weapons, communication and climbing equipment, receiving of material supplies in the 'Terskol' centre.

**Stage 3** – Elbrus ascend with standard weapons and communication tools, with the use of climbing equipment.

Elbrus ascend via the route: Terskol settlement (ht. 2250 m) – Azau field (ht. 2356 m) – Priut 11 (ht. 4200 m) – west summit of Elbrus (ht. 5642 m).

Route description:

distance – about 20 km;

total elevation changes – about 3.4 km;

route time – 2 days;

route terrain – combined, medium difficulty.

### ***Day 12***

**Special task 13:** Forced march from the Azau field to the Priut 11.

Uniform:

according to the Appendix 3 of this Regulations.

Starting position:

The participants are formed up at the starting line at the field Azau in a single column.

Procedure of performing of the special task:

Forced march with weapons and equipment via the route: Azau field – 'Ice Base' – Priut 11 (height 4200 meters).

Particularities of performing of the special task:

The time is kept from the command 'GO' at the starting line to crossing the finish line by the last participant.

The results are recorded by stopwatch, as well as electronic system.

The march is carried out by the group, the distance between the guiding and trailing troops in the group is no more than 150 meters (in areas of direct visibility).

At least three check points are organized along the march to check personnel.

Upon arrival at Priut 11 (height 4200 meters) the group sets up a camp (arranges the accommodation place for the group members).

The check-in time for arrival to the place of overnight is 18.00.

### ***Day 13***

#### **Special Task 14: Elbrus ascent.**

Uniform:

according to the Appendix 3 of this Regulations.

Starting position:

The participants are formed up at the starting line in a single column.

Procedure of performing of the special task:

Within specified time the groups move on a classic route (from the south) to the western summit of the Mt. Elbrus (height 5642 meters). Climbing is performed within a group, distance between the pioneer and the rear man of the group should not exceed 150 meters (at direct vision areas). At the areas where direct vision is impossible, the distance between the group members is shortened for providing of direct vision.

The group is given 5 hours to climb the route. Groups that meet time get 1000 points.

At the summit the judge fixes the ascent time of the group according to the ascent time of the last group member. For every group member not reaching the summit the group receives penalty time.

Particularities of performing of the special task:

The ascend has a time limit. If the group doesn't reach the Elbrus saddle (height 5300 meters) within this time, the ascend finishes and the group is eliminated.

Representatives of teams by decision of the Chief Judge of the competition may be allowed to climb the mountain Elbrus.

After climbing, the participants descend along the ascent route.

**Special task number 15: "Speed race on the route field Azau (2356 m) - the peak of the mountain Elbrus (5642 m)."**

To perform a special task, 2 servicemen from each team who are not part of the main group are involved.

Uniform: three layers of clothing (one windproof), trekking boots / GORE-TEX sneakers, warmed hat, warmed socks, gloves, warmed mittens, helmet mask (balaclava), gaiters, backpack (at least 20 liters), a belay system (gazebo) with two self-belay cowstails, a large climbing carabiner with a clutch, a climbing helmet, an ice ax, trekking poles, sun glasses or a ski mask headlamp, a drinking flask - a thermoflask (at least 500 ml.) , climbing crampons, first-aid kit, emergency thermal blanket, GPS navigator. Clothing should be dark (protective) color.

Starting position:

The start is given simultaneously for all participants performing a special task, by the shot of the starting pistol.

The personnel is formed at the starting line indicated on the terrain (the starting point of the Azau field, height 2356 m).

The procedure of the special task:

At the indicated time, military personnel as quickly as possible advance along the classical route (from the south, field Azau ) to the western peak of the mountain Elbrus (height 5642 meters). Climbing is carried out independently by each soldier.

The control time for performing a special task is 7 hours.

At the summit, the judge fixes each participant. The result of participants who did not meet the control time is canceled.

Particularities of a special task.

If, after the end of the control time, the soldier has not crossed the control line located on the saddle of the mountain Elbrus (height 5300 meters), he will be exempted from further participation in the performance of a special task.

The participant with the best score gets 500 points.

The points scored by military personnel for performing a special task are calculated separately for each participant and determined by the formula:

$$\text{Result: } = \frac{t_1}{t_2} \times 500$$

where  $t_1$  - is the time of the participant who showed the best result

$t_2$  - participant time

To determine the results scored by the team for performing a special task, the scores of both participants are summed up.

## **Responsibilities of the Officials of the Competition 'Elbrus Ring'**

### **Panel of Judges**

The members of the Panel of Judges are appointed by the Director of the Physical Training and Sport Department of the Armed Forces of the Russian Federation.

The Panel of Judges prepares the Competition, ensures safety, defines technical results, places taken by teams, prepares protocols of team results, the competition report and other necessary documents, and organizes awarding of winners and medalists.

#### **The Panel of Judges consists of:**

- the Chief Judge;
- the Safety Assistant of the Competition Director;
- the Technical Assistant of the Chief Judge;
- the Judges of Special Tasks;
- the Team Judges;
- the Chief Secretary;
- the Inspecting Judge;
- the Medical Officer of the Competition.

The members of the Panel of Judges should work in accordance with the following regulations:

- create for the participants of the Competition the conditions, which shall provide achievement of high results in accordance with this Regulations;
- perform fair, objective and just judgment, resolve controversial questions;
- carry out their duties carefully;

The Judges should prevent all violations of the Regulations of the Competition, especially those concerning safety requirements.

The Judges are not entitled to help participants or give them guidance, if they are not violating the Regulations of the Competition and safety requirements.

The Judges should wear specified uniform and badges corresponding with their tasks when performing their duties.

For running the Competition, one judge is appointed for every special task. This judge estimates performing this task by all teams.

The members of the Panel of Judges can be suspended from their duties for misconduct or violation of the Regulations of the Competition.

### **The Chief Judge of the Competition**



The Chief Judge of the Competition:

a) heads the Panel of Judges in accordance with this Regulations;

b) controls:

compliance of the Competition participants with the conditions and the program of the Competition;

preparing the training facilities and mounting the obstacles at the routes for teams;

correctness of running of the Competition and performing by the assistants of the Chief Judge (the Judges of Special Tasks) their duties;

c) in due time informs the heads of participating teams about all changes in running of the Competition;

d) considers protests and brings them up for discussion at the Panel of Judges;

approves the results of the Competition and upon the end of the Competition reports (presents protocols and the table of records) to the Chief Judge of the International Army Games about its results;

e) approves the name list of Competition participants in accordance with the final protocol of the Competition and presents it to the Chief Judge of the International Army Games (including the copy of the protocol);

f) stops the Competition in case of occurrences which hinder running the Competition, or in case of violation of safety requirements;

g) excludes the teams in case of violation the Regulations of the Competition;

h) informs media and social representatives about daily results of the Competition during daily briefings;

**The Chief Judge of the Competition has to:**

1. Know the program of the Competition and the schedule of every day of the Competition.

2. Create the plan of the preparing to the Competition for the Panel of Judges, appoint judges for judging areas.

3. Organize control of the places for special tasks, rooms for the Panel of Judges, readiness of equipment, accessories and weapons, availability of prizes, and approve the Acceptance Report for all facilities of the Competition (Appendix 7).

4. Instruct the Panel of Judges concerning the basic issues of judgment before beginning of the Competition.

5. Together with the administration of the Competition organize the general meeting of participants, coaches, representatives of teams and inform them about the daily schedule, the schedule of the Competition and safety requirements.

6. Control correctness of judgment and resolve controversial questions, taking into account this Regulations of the Competition.

7. Organize meetings for summarizing the Competition in defined days and meetings for approving the general results, check correctness of defining the team results.

8. Consider applications, protests and take decisions on them in due time.

9. Together with the representative of the administration of the Competition, immediately examine cases of violation the safety requirements, take measures against them.

The Chief Judge is responsible for organizing the judgment and the quality of work of the Panel of Judges. The work of the Panel of Judges is evaluated at the final meeting.

The Chief Judge personally approves decisions of the Panel of Judges for every application and protest.

The Chief Judge of the Competition **is entitled to:**

by agreement with the administration of the Competition, change the schedule of the Competition, postpone the starting time of the Competition, if the Competition place, accessories and equipment are not prepared, and interrupt the Competition in case of poor weather conditions;

move the judges during the Competition, if necessary;

suspend the judges from their duties, if they make serious mistakes, perform nonobjective judgment or underperform their duties;

cancel decisions of particular judges, if they contradict the Regulations.

### **The Safety Assistant of the Chief Judge**

The Safety Assistant of the Chief Judge is appointed from instructors having a required qualification in accordance with the "Rules of Ascending" of the Russian Mountaineering Federation. He organizes and manages safety during the Competition.

**The Safety Assistant of the Chief Judge is responsible for:**

Organizing safety routes in mountains during the Competition.

The Safety Assistant of the Chief Judge **has to:**

1. Check readiness of the rescue team, define the procedure of communication and actions of the rescue team in case of emergency.

2. Check readiness of the places for special tasks (with preparing the Act of Readiness of Training Places) and equipment given by the Russian party for safety conformance.

3. Provide safety briefing for participants of the Competition and support units.

4. Check availability and readiness of communication equipment.

5. Organize cooperation with the Control and Rescue Service (CRS) or the Search-and Rescue Unit (SRU) of the Ministry of the Russian Federation for Civil Defense, Emergency Situations and the Rectification of the Consequences of Natural Disasters (EMERCOM), the Avalanche Service and the Meteorological Service.

6. Define the equipment list for rescue teams, storage areas of this equipment, procedures of its issue in case of emergency.

7. At the end of defined time or missing of two agreed communication sessions, or in case of receiving of an emergency signal from mediators, or if the

safety of a group cannot be ensured by force of circumstances, head, coordinate, personally organize and manage search and rescue operations.

8. Apply for suspending of judges making serious mistakes or underperforming their duties.

9. Stop or cancel performing of a special task in case of prerequisites to an emergency situation or getting injuries by participants or judges.

### **The Assistant of the Chief Judge for Preparation and Running the Competition**

The Assistant of the Chief Judge for Preparation and Running the Competition is appointed for preparation and providing of readiness of the facilities and resources (hereinafter referred to as FaR) for the Competition.

**The Assistant of the Chief Judge for Preparation and Running is responsible for:**

Preparation of the facilities and resources for the Competition and organization of judging at the Competition.

The Assistant of the Chief Judge for Preparation and Running **has to:**

1. Organize selection of places for the special tasks of the Competition.
2. Control preparation and readiness of FaR of the special tasks, accessories, materials, equipment and weapons used during the Competition.
3. Appoint judges for every special task, provide briefing for them and manage their work.
4. If performing of one special task is impossible, change a special task area or cancel this special task and inform the Chief Judge about that.
5. Control crossing the special areas by teams.
6. Apply for suspending of judges making serious mistakes or underperforming their duties.
7. Provide briefing for judges.

### **The Technical Assistant of the Chief Judge**

The Technical Assistant of the Chief Judge is appointed from judges having a required qualification in accordance with the "Rules of Ascending" of the Russian Mountaineering Federation. He is subordinated to the Chief Judge.

**The Technical Assistant of the Chief Judge is responsible for:**

Technical judgment of crossing the mountain obstacles during the Competition.

**The Technical Assistant of the Chief Judge has to:**

1. Organize the briefing of the teams about correct performing of special tasks and crossing the obstacles (in accordance with this Regulations).
2. Check readiness of facilities, facilities and resources for the special tasks in accordance with the Competition Regulations.
3. Daily collect information about results of special tasks from Team Judges.

4. In case of serious violations of safety at the route, disqualify teams informing the Chief Judge and the Safety Assistant of the Chief Judge.
5. Approve the Acceptance Act for all facilities of the Competition (Appendix 7).
6. Apply for suspending of judges making serious mistakes or underperforming their duties.
7. Provide briefing for judges.

### **The Chief Secretary of the Competition**

The Chief Secretary is subordinated to the Chief Judge and is responsible for correct issuing of protocols, calculation of points and time and defining the places of teams.

The Chief Secretary of the Competition **has to:**

1. Together with the administration of the Competition prepare the documents and provide the Judges with protocol forms (score sheets).
2. Provide briefing of the Special Task Secretaries before starting the Competition and every special task, distribute their duties precisely, control their work.
3. Take part in the work of the Mandate Commission, personally control correspondence of documents for the participants with the Regulations, have the list of participants.
4. Organize drawing procedure and issue start protocols.
5. Manage the work of the Board of Judges regarding documentation maintenance, accept and check filled judging protocols, issue master protocols and define the results of the Competition.
6. Prepare the materials for summing up the Competition, awarding of the participants and teams (certificates, merit letters, prizes, medals, badges, etc.).
7. Organize demonstration of the Competition results for the participants and audience.
8. Keep and issue protocols of sessions of the Panel of Judges.
9. Accept protests from representatives of teams.
10. Report to the Chief Judge about accepted protests.

The Special Task Secretaries keep and issue exercise protocols, forms, cards and timekeeping materials on the Chief Secretary's instruction.

### **The Judge of Special Task**

The Judge of Special Task is subordinated directly to the Chief Judge and his Assistants.

**The Judge of Special Task has to:**

1. Organize judging at the special task in accordance with the Regulations of the Competition.
2. Check the place of the special task, equipment, availability of facilities and resources.

3. Provide briefing of Judges at Obstacles (Facilities).
4. Manage work of Judges at Obstacles (Facilities) and control complying of the participants with the safety requirements.
5. Organize demonstration of performing the special task.
6. Demonstrate the results of participants (teams) to the audience and participants, control the correctness of results in a protocol.
7. Pass issued judgment documents to the secretaries in due time.

In case of an obvious unreadiness of a participant (team), or if further performance threatens health of a participant or safety of other participants, the Judge has to set down the participant (team) and report to the Chief Judge about that.

### **The Judge at an Obstacle (Facility)**

The Judge at an Obstacle (Facility) works under command of the Judge of Special Task and helps him to perform judgment duties.

He is entitled with assent of the Judge of special task to stop the performance of the team member (of the team) if he sees that further participation of a team member (of a team) may inflict injury to a team member (to a team) or may endanger his life and the team member himself (the team) can't assess the situation adequately.

### **The Chief Timekeeping Judge**

The Chief Timekeeping Judge is subordinated to the Chief Judge.

He is responsible for organization of timekeeping, correctness of timekeeping for every participant (team) at an exercise or distance.

The Chief Timekeeping Judge **has to**:

1. Get the required number of timekeepers (stop watches) from the Chief Secretary.
2. Check certificates of the manufacturer or special documents for timekeeping devices, check their function and issue the Checking Act of timekeepers (Appendix 8).
3. Provide a detailed briefing for Timekeeping Judges and define a timekeeping method.
4. Control work of the Timekeeping Judges, check the readings of timekeepers and time records made by a Special Task Secretary.
5. Control keeping of the protocol by judges or keep it himself.
6. Show the results of participants to the audience and participants, control the correctness of results in a protocol.
7. Pass judgment documents to the secretaries in due time.

### **The Timekeeping Judge**

The Timekeeping Judge works under direct command of the Chief Timekeeping Judge.

The Timekeeping **has to:**

1. Check the finish marks.
2. Start timekeeping precisely with start signals and stop it at the moment of touching a finish surface or crossing a finish line.
3. Show timekeepers the Chief Timekeeping Judge after every participant for checking the results.
4. Reset stop watches only after writing down the readings with the permission of the Chief Judge.

### **Defining of timekeeping results**

Time of a participant for crossing a distance is defined by three timekeepers (stop watches).

1. If two timekeepers out of three show equal time, the result of this two timekeepers is considered.
2. If two timekeepers show different time, the time of a timekeeper showing an average result is considered.
3. If one timekeeper out of three hasn't shown the time of a participant for any reason, the reading of a control timekeeper are considered. If there is no control timekeeper, the result is estimated by direct average of two timekeepers.

### **The Judge at the Start**

The Judge at the Start is subordinated to the Chief Judge and his Assistants. He is responsible for maintaining the order at the start.

The Judge at the Start **has to:**

1. Check starting marks beforehand.
2. Before every start ensure readiness of judges at the finish and at the obstacles.
3. Check correctness of position of a participant at the start.
4. Personally give a start in order to prevent moving of a participant before a starting signal.
5. Announce false start.

### **The Chief Judge at the Shooting Range**

The Chief Judge at the Shooting Range is subordinated to the Chief Judge and is his Assistant on shooting. He provides all work concerning the special task 'Shooting in Mountains within a Group'.

The Chief Judge at the Shooting Range **has to:**

1. Distribute duties of judges at the shooting range and provide briefing for them.
2. Check readiness of weapons of participants, ammunition, targets and

issue the Act (Appendix 9).

3. Provide the conditions for effective shooting at the shooting range.
4. Control compliance with safety requirements. In case of violation the safety requirements or poor sportsmanship of a participant give him a warning, and in case of a serious violation suspend him from the exercise and report to the Chief Judge about that.
5. Take required measures and decisions in case of breaks during shooting.
6. Pass a filled protocol in due time.

### **The Judge at the Shooting Range**

The Judge at the Shooting Range is subordinated to the Chief Judge at the Shooting Range and executes only his instructions. The Judge at the Shooting Range **has to:**

1. Check readiness of his range and report to the Chief Judge about that.
2. Control compliance with safety requirements of the Competition participants.
3. At the end of team shooting prepare targets for a next team.

### **The Team Judge**

The Team Judge is subordinated directly to the Chief Judge. He is responsible for following the safety requirements and the Regulations by the participants of the Competition and is a direct mediator between a team and judges.

The Team Judge **has to:**

1. Inform participants about daily schedule, time of beginning of a special task and activities of every day, about all decisions of the administration and the Chief Judge, concerning the participants.
2. Get to know the participants with the places of special tasks in due time. Clarify the clauses of the Regulations, if necessary.
3. Provide arrival of teams to starting positions in due time, personally direct participants to start points in accordance with a starting protocol, check uniform and equipment of participants and in case of non-compliance with the Regulations, remove defects or suspend this participants (team).
4. Call participants to start points, and suspend them in case of non-arrival to the pre-start area in two minutes.

### **The Head of the Team, the Team Chief, the Coach**

The Head of the Team, the Team Chief and the Coaches, familiar with this Regulations, are appointed for every team at the Competition.

The Head of the Team (representative of a military district or military branch) is a leader of a team and is responsible for cooperation with the Chief Judge and the Panel of Judges of the Competition, discipline and organization of team members.

The Team Chief is a representative of a military unit. He is responsible for training of a team.

The Team Coach is responsible for technical results of participants and performance of the team in general.

The Head of the Team **has to:**

1. Provide organized and well-timed arrival of the team to the Competition place.
2. Submit an application for participation of a team in due time and provide required document of team members, provide well-timed attending of the Mandate Commission.
3. Take part in drawing procedure.
4. Provide well-timed arrival of a team to all forming-ups and all exercises (special tasks) of the Competition in defined uniform.
5. Provide participants with special, mountain equipment and accessories.
6. Inform participants about daily schedule, all changes and decisions of the Panel of Judges.
7. Be present at all meetings of the Panel of Judges and represent his team and its particular members.
8. Comply with all requirements of the administration of the Competition, the Panel of Judges and help to perform the program of the Competition.
9. Not to interfere in actions of the administration of the Competition and judges (the Panel of Judges), prevent conflicting situations.
10. Provide well-timed and organized departure of the team.

The Head of the Team is entitled to receive information about all questions concerning running the Competition, from the administration of the Competition.

The Head of the Team can submit to the Panel of Judges (Board of Judges) of the Competition required additional applications, claims about changing the applications and protects concerning all questions on running the Competition.

The Head of the Team is not entitled to leave the Competition place without permission of the Chief Judge.

The representative of a team should be at a special place during special tasks.

If the Head of the Team violates the clauses of this Regulations or underperforms his duties, he can be penalized for that up to suspending from his duties.

The Team Chief **has to:**

1. Provide discipline in a team, precise following a daily schedule and the Competition plan.
2. Perform duties of the Head of the Team, if he is not present.
3. Perform all instructions of the Head of the Team.

The instructions of the Coach and the Head of the Team should be unreservedly performed by all team members.

The Team Chief and the Coaches of the teams participating in the Competition cannot be in the Panel of Judges.



## **The Participant of the Competition**

The Participant of the Competition **has to:**

1. Be orderly, precisely follow the norms of behaviour and ethics.
2. Know the rules of this Regulations, precisely follow its requirements and contribute to the fair Competition by his own behaviour.
3. Be insistent in achieving the results.
4. Be polite in communication with the administration and other participants, unreservedly follow the instructions of the Panel of Judges, not to hinder work of Judges.
5. Be ready to participation in the Competition and arrive at the Competition place in due time.
6. Perform the tasks of the Competition in a defined uniform.
7. Be at the Competition place, even after finish or in case of suspending.
8. In case of impossibility to continue the exercise inform a nearest judge and a representative of his team about that and act according to their instructions.

The Participant of the Competition **is entitled to:**

1. Address to the Panel of Judges (Board of Judges) only through the Head of the Team.
2. Take part in the Competition in accordance with the application.

Participants of the Competition are **EXPRESSLY PROHIBITED** to use stimulants (dopings) and drink alcohol.

## **The Medical Officer of the Competition**

**The Medical Officer of the Competition is responsible for** correct and well-timed medical support. He is subordinated to the administration of the Competition.

**The Medical Officer of the Competition has to:**

1. Define ways and procedure of medical evacuation of Competition participants.
2. Check medical documents of participants and, despite their availability, examine participants with fearsome health condition.
3. Perform medical control of participants during the Competition and in their fixed locations.
4. Provide medical aid to participants who need it.
5. Control meeting the sanitary requirements during the Competition and the rest of participants.
6. Control quality of meals in dining facilities for participants.
7. In the end of the Competition provide the report about medical support and injuries during the Competition for the Main Military Medical Department of the Defense Ministry of the Russian Federation with consequences and proposals for improvement of medical support.

Doctors and medical personnel should have visible distinguishing badges

during the competition.

### **The Inspecting Judge**

The Inspecting Judge together with the Technical Assistants of the Chief Judge checks:

1. Correctness of distance in accordance with the Regulations and safety requirements;
2. Correspondence of training level of participants
3. Providing of safety measures at routes. Moreover, he signs the Acceptance Act for special task places.
4. Reports to the Chief Judge about his opinion concerning all non-conformities and defects of routes.
5. The Inspecting Judge can propose changing of a scheme of a special task.
6. The final decision is taken by the Chief Judge after counseling with his Assistants for Practical Actions and the Safety Assistant.
7. During the Competition, the Inspecting Judge controls the quality of judgment. He reports about his estimation of judgment and mistakes of Judges for the Main Board of Judges.
8. The Inspecting Judge is not entitled to correct Judges or cancel their decisions during the Competition.

Appendix 2  
to the Regulations on Running  
the Competition 'Elbrus Ring'

Approved by  
Head of the delegation of the country

taking part in the Army Games

military rank

Surname

«    » \_\_\_\_\_ 20

APPLICATION  
of the team from participating country for participation in the competition 'Elbrus Ring'

Se r. Nr .	Military rank	Occupation	Occupation in the competition	Surname, name, patronymic name	Medical permit	Note
1			chief of the group			
2			instructor			
3			section commander			
4			section commander			
5			reconnaissance man- machine gunner			
6			reconnaissance man- sniper			
7			reconnaissance man- radiotelephone operator			
8			reconnaissance man- medical aidman			
9			reconnaissance man			
10			reconnaissance man			
11			reconnaissance man			
12			reconnaissance man			
13			reconnaissance man (special task № 15)			
14			reconnaissance man (special task № 15)			
15			reserve serviceman			
16			reserve serviceman			

Leader of the participating team \_\_\_\_\_

Medical status of \_\_\_\_\_ persons allows them to take part in the competition.

Health official

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(signature, Surname N. P., seal)

## Appendix 3

to the Regulations

on Running

the Competition 'Elbrus Ring'

**Group members and their weapons, communication equipment  
and other necessary material supplies**




The weapon of every group member should correspond with his position category (table 1). Weapons, communication, observation and positioning and navigation equipment should be in service in the Armed Forces of the Russian Federation.



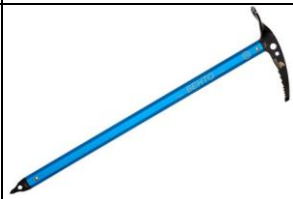
Table 1

weight	weapons				observation equipment		communication equipment		positioning and navigation equipment	aiming equipment	
	assault rifle 5,45 mm	machine gun cal. 7.62 mm	sniper rifle cal. 7.62 mm	RPG-26 (simulation)	night observation binoculars	binoculars	individual radio	collective radio set		sniper sight	assault rifle sight
	10	1	1	2	1	1	12	1	2	1	10+1
	Min. 3,2 kg with an empty magazine case	Min. 3,2 kg with an empty magazine case	Min. 4,3 kg with sniper sight	Min. 2,9 kg							

**List of  
minimum essential special, climbing inventory and equipment for the competition 'Elbrus ring'**






ac part .	Special inventory	For the Special Tasks	Requirement
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На каждого военнослужащего		№ 6-12	№ 13	№ 14	
	Mountaineering winter boots	1 pair	-	-	Material: Gore-Tex, waterproof nubuck. Vibram sole with an opportunity uses of soft crampon weight - not less than 1800 grams (pair) Color: black, green, brown, gray. 
	Special summer socks	1 pair	-	-	
	Climbing undergarment	1 set			
	Demi-season suit	1 set			weight - not less than 800 grams
	insulated gloves	1 pair			
	Panama hat (cap)	1 pc	-	-	
	Leg warmers	1 pair			
	Kevlar helmet	1 pc			 weight - not less than 800 grams
	Tactical vest	1 pc			 weight - not less than 900 grams
	Special undergarment	1 set			

each article	Special inventory	For the Special Tasks			Requirement
		№ 6-12	№ 13	№ 14	
(for each participant)	Insulated vest	1 pc	-	-	 weight - not less than 500 grams
	Insulated hat	1 pc			
	All-weather raincoat	1 pc	-	-	weight - not less than 400 grams
	Mountaineering gloves	1 pair	-	-	
	Insulating mat	1 pc		2 pc for team	weight - not less than 300 grams
	Sleeping bag	1 pc		2 pc for team	weight - not less than 1300 grams
	Climbing backpack (60+20 liters)	1 pc			 weight - not less than 2000 grams
	Climbing glasses	1 pc			
	Ice pick	1 pc			 Ice pick:, material - aluminum/steel, head material – steel. weight - not less than 400 grams





each article	Special inventory	For the Special Tasks			Requirement
		№ 6-12	№ 13	№ 14	
	Water filter (ИФ-10)	1 set	-	-	weight - not less than 200 grams 
	Field glass-ware	1 set		-	weight - not less than 200 grams 
	Container for water	1 pc	-	-	1 litre
	Individual med kit	1 set			
	Field ration	For 5 days	For 1 day		
На команду	Climbing tent for 3 persons	4 pcs		-	weight - not less than 4000 grams 
	Main ropes not less than 9,4 mm 50 meters each	4pcs for team	2pcs for team		weight - not less than 3200 grams 
	Ice screw piton	not less than 15 pcs;	not less than 8 pcs for team;		Length is not less than 17 cm diameter - 18 mm. weight - not less than 180 grams
	Loop	not less than 12 pcs;	-	-	Textile. Maximum strength not less than 22KH.weight - not less than 30 grams 

each article	Special inventory	For the Special Tasks			Requirement
		№ 6-12	№ 13	№ 14	
	Straight-gate carabiner without coupling	not less than 12 pcs;	-	-	Material - steel, titanium, aluminum. Maximum strength: on rolling axis - not less than 21KH, narrow axis - not less than 7KH, with open catch - not less than 7KH. carabiner weight - not less than 22 grams weight - not less than 40 grams 
	Wire-gate carabiner without coupling	not less than 12 pcs;	-	-	Material - steel, titanium, aluminum. Maximum strength: on rolling axis - not less than 21KH, narrow axis - not less than 7KH, with open catch - not less than 7KH. carabiner weight - not less than 22 grams weight - not less than 40 grams
	Loop	4 pc	2 pc		Material - <a href="#">nylon</a> plastics, dyneema. Maximum strength not less than 22KH.  weight - not less than 128 grams
	Gas-jet	4 sets		-	weight - not less than 200 grams
	Gas balloon	2 pcs ( 450 g. For 1 gas-jet)	1 pc ( 250 g. For 1 gas-jet)	-	Gas balloon 250 r - not less than 350 grams Gas balloon 450 g - not less than 650 grams 
	Group med kit	1 set	-	-	

Appendix4  
to the Regulations on Running  
the Competition 'Elbrus Ring'

**Table of penalty points**

<b>Nr</b>	<b>Special tasks</b>	<b>Penalty (bonus) reason</b>	<b>Quantity of penalty or bonus points</b>
1.	Individual climbing on an artificial terrain	incidence of a participant with hanging on the judge protection	a participant gets 0 points for special task
		a participant didn't finish	
2.	Navigation in mountainous area	exceeding time-limit for each incomplete minute	- 10 points
		exceeding time-limit for more than 15 minutes	a team gets 0 points for special task
3.	Climbing in a roped party on an artificial terrain	using additional (auxiliary) equipment lightening or accelerating the movement	a roped party receives 0 points
		non-crossing of a route by a roped party, exceeding time-limit	
		incidence of a participant with hanging on own protection	- 50 points
		incidence of a participant with hanging on the judge protection	- 100 points
4.	Mountain obstacle line	missing a trench	- 5 points
		obstacle omitting	a participant gets 0 points for special task
		losing of a weapon	a participant gets 0 points for special task
		cargo was let down with sliding of the rope	- 40 points
5.	Shooting in mountains within a group	Violation of safety requirements during shooting: - shooting before the command; - shooting after the command 'Cease fire!'; - attaching of loaded magazines, sending rounds into chamber without the command; - turning a gun in the rear of the shooting range, to people, vehicles, animals.	a team gets 0 points for special task
6.	Parallel rope bridge	a participant didn't return to the initial position after falling off	a team gets 0 points for special task
		absence of the direct guarding	- 50 points

7.	Rope bridge across the river	ropes used for rope bridge are not removed	– 500 points
		ropes whipped of the substructure are not roped in to the appropriated bank	– 100 points
		knots are not blocked (autoblock knot, self-untying knot)	– 40 points
		fastening to the rope bridge with the use of breast carabine	– 40 points
		absence of the direct guarding	– 50 points
		a participant didn't return to the initial position after falling off	a team gets 0 points for special task
8.	Moving through the rock area	incidence of a participant with hanging on the protection	– 50 points
		absence of the direct guarding	– 50 points
9.	Air delivery with forced march	falling out of a serviceman	+1/10 of a time for each fallen out participant
10.	Moving through the ice area 1 (climbing)	incidence of a participant with hanging on the protection	– 50 points
11.	Moving through the ice area 2 (descent)	self-unscrew of an ice screw piton wasn't activated	– 500 points
12.	Injured transportation	destroying of a litter during injured transportation (for every destroying)	– 50 points
13.	Forced march field Azau asylum of Eleven	falling out of a serviceman	+1/10 of a time for each fallen out participant
		penalty for exceeding the distance between a leading man and a closer in a group min. 150 m. (at the areas of direct vision)	– 50 points
14.	Ascension on the Elbrus mountain	falling out of a serviceman	– 83 points
		exceeding the time for ascension (for each 10 minutes)	– 50 points
		penalty for exceeding the distance between a leading man and a closer in a group min. 150 m. (at the areas of direct vision)	– 50 points
Penalty points, remaining in force during the entire Competition			
Carabine coupling is not screwed			– 30 points
Short loss (absence) of protection (self-protection)			– 40 points
Preparation for ascension (descent), moving on a bridge when a serviceman is on a rope or simultaneous presence on the rails of more than one serviceman			– 50 points
Elements of protective equipment are not put on			– 30 points
Loss of one protective equipment element			– 10 points

Loss of a rucksack	– 150 points
Loss of a weapon	– 500 points
Exceeding of the check time for arrival to the overnight stop	– 100 points
Exceeding of the time limit for performing of a special task	team gets 0 points
Non-execution of a special task or execution but not in the allowed time	
Violation of the safety requirements	team gets 0 points
Omitting of a marked protection point	– 50 points
Using the terrain, overrunning a marked route	– 50 points
Crossing the obstacles in a way which contradicts the Regulations (with violation of safety requirements)	– 100 points
Crossing the obstacles in a way which contradicts the Regulations (if the way is not stated)	– 40 points
Replenishment of food supply (individual meal pack, water) out of the marked points	– 300 points
Unsportsmanlike conduct	– 100 points
Presence of unmask elements of equipment (at each special task)	– 10 points
Breakdown of personal (team) equipment	a participant (group, three, team) is stopped by the referee till the removal of a deficiency. Nonetheless time is not stopped.
Replacement of a participant (except for special tasks № 14 and № 15)	– 300 points
Falling out of a serviceman	+1/10 of a time for each special task

## **Security Instruction**

concerning actions  
during the Competition 'Elbrus Ring'

### **General**

Safety during the Competition 'Elbrus Ring' is provided by precise following the Regulations on Mountain Training issued in 2014, the Regulations of the Competition and high discipline of all participants of the Competition.

Members of a team arrived for participation in the Competition, should know the safety requirements for places of special tasks, with consideration of their peculiarities and local conditions.

Every participant should meet the safety requirements during performing of special tasks and during the march. Mediators and judges organize permanent control of precise and well-timed meeting the safety requirements by the participants. The participants passed a safety briefing are allowed for the Competition.

### **Obligations of the commander of a participating group**

Before beginning and during performing a special task, the commander of a group should:

Define and inform the participants about the safety requirements of the special task.

Check availability, condition and fitting of equipment, uniform and communication tools.

Permanently control meeting the safety requirements and using safety equipment by the participants during special tasks and on march.

Stop performing of a special task or a march in case of prerequisites to death or injury of participants.

Organize overnight and rest stops in safe places.

### **The commander of a participating group is prohibited to:**

Allow the participants having defective mountain equipment to perform a special task.

Engage participants not having the appropriate allowance to the participation in the Competition.

Afford uncontrolled actions of participants and performing of special tasks connected with leaving a unit, alone.

Personally change a route or plot it through an area where rockfalls, avalanches, mudflows are possible.

## **Obligations of participants:**

Before beginning and during performing a special task, participants should:

Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), mediators and judges.

Move through a mountain area only in zones defined by a group commander.

During a special task, use equipment and individual protection devices, protecting from dangerous factors (helmet, gloves, glasses, sun-protection cream, uniform covering elbows and knees, etc.).

In case of danger, poor condition of equipment or feeling unwell, inform a group commander immediately.

## **During a special task and day march, participants are prohibited:**

Use devices with headphones (earphones).

Take off protection means defined by a group commander from the start and till the end of a special task.

Get distracted during protection of other participant.

Cross mountain obstacles without the use of protection defined by a group commander.

Deviate from a planned route.

## **During the Special Task 1**

(individual climbing on an artificial terrain (climbing wall)).

Before beginning and during performing a special task, participants should:

Arrive to the start place at a defined time and present equipment for controlling.

Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

### **The participants are prohibited to:**

Leave the waiting area without the command of an informing judge.

Be in a start area without a protection helmet.

Personally fasten and unfasten himself from a judge rope.

Wear the uniform specified by the Regulations, not correctly.

## **During the Special Task 2**

(climbing in a roped party on an artificial terrain (climbing wall)).

Before beginning and during performing a special task, participants should:

Arrive to the start place at a defined time and present equipment for controlling by a judge responsible for safety.

Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

Loudly and clearly inform about throwing ropes.



**The participants are prohibited to:**

Leave the waiting area without the command of an informing judge.

Be in a start area without a protection helmet.

Personally fasten and unfasten himself from a judge rope.

Wear the uniform specified by the Regulations, not correctly.

**During the Special Task 3**

(mountain obstacle line).

Before beginning and during performing a special task, participants should:

Arrive to the start place at a defined time and present equipment for controlling by a judge responsible for safety.

Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

Weapons of participants should be safely fastened for the avoidance of injuries and is on safety.

**The participants are prohibited to:**

Leave the waiting area without the command of an informing judge.

Be at a route without a protection helmet.

Turn a weapon on participants and judges.

Throw grenades if judges are in the dangerous zone.

Work without gloves at the stages 2 'Cargo Lifting (Ammunition Box) 24 kg', 3 'River Crossing', 4 'Descending with the Use of a Fixed Rope (not less than 5 meters)', 10 'Descending with the Use of a 'Sport' Technique (slope steepness 30-35°, length 40-45 meters)'.  
 Wear the uniform specified by the Regulations, not correctly.

**During the Special Task 4**

(shooting in mountains within a group).

Before beginning and during performing a special task, participants should:

Arrive to the ammunition point at a defined time, receive required ammunition and present equipment for controlling by a judge responsible for safety.

Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

Weapons of participants should be on safety before the special task.

Cease fire if people, animals, low-flying planes appear in the field of fire.

At the end of shooting the weapons are unloaded and examined.

**The participants are prohibited to:**

Leave the waiting area without the command of an informing judge.

Be at a shooting range without a protection helmet.

Turn a weapon on participants and judges.

Wear the uniform specified by the Regulations, not correctly.

**During the Special Task 5**

(rope bridge across the river).

Before beginning and during performing a special task, participants should:

Arrive to the start place at a defined time and present equipment for controlling.

Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

**The participants are prohibited to:**

Wear the uniform not correctly.

Leave the waiting area without the command of an informing judge.

Be in a start area without a protection helmet.

Transport backpacks simultaneously with participants.

In the moment of straining the rope bridge, be under a prop with the fixed tackle system.

Be on the rope with other participant.

### **During the Special Task 6**

(parallel rope bridge).

Before beginning and during performing a special task, participants should:

Arrive to the start place at a defined time and present equipment for controlling.

Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

**The participants are prohibited to:**

Leave the waiting area without the command of a mediator

Be at a stage without a protection helmet.

Transport backpacks simultaneously with participants.

Be on the rope with other participant.

### **During the Special Task 7**

(orientation in the mountain area)

Before beginning and during performing a special task, participants should:

Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

**The participants are prohibited to:**

Wear the uniform specified by the Regulations, not correctly.

Be at a stage without a protection helmet.

### **During the Special Task 8**

(moving through the rock area)

Before beginning and during performing a special task, participants should:

Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

**The participants are prohibited to:**

Wear the uniform specified by the Regulations, not correctly.  
 Leave the waiting area without the command of a mediator  
 Be at a stage without a protection helmet.  
 Be on the rope with other participant.

### **During the Special Task 9**

(air delivery with forced march)

Before beginning and during performing a special task, participants should:  
 Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.  
 Strictly follow a drinking plan, have water for first aid in case of heat stroke.

#### **The participants are prohibited to:**

Approach the helicopter from the rear rotor.  
 Embark and disembark the helicopter before a special command.  
 Wear the uniform specified by the Regulations, not correctly.  
 Leave the waiting area without the command of a mediator  
 Be at a stage without a protection helmet.  
 Direct signal smoke at judges and participants.

### **During the Special Task 10**

(injured transportation).

Before beginning and during performing a special task, participants should:  
 Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

Strictly follow a drinking plan, have water for first aid in case of heat stroke of an 'injured' person or a participant.

Control condition of the 'injured' person for the avoidance of long strangulating and disturbance of peripheral blood supply.

#### **The participants are prohibited to:**

Wear the uniform specified by the Regulations, not correctly.  
 Leave the waiting area without the command of a mediator  
 Be at a stage without a protection helmet.  
 Take the litter with the 'injured' person.  
 Transport the 'injured' person upside down.

### **During the Special Task 11**

(moving through the ice area 1 (ascend)).

Before beginning and during performing a special task, participants should:  
 Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

#### **The participants are prohibited to:**

Wear the uniform specified by the Regulations, not correctly.  
 Leave the waiting area without the command of a mediator

Be at a stage without a protection helmet.  
 Be at a stage without crampons.  
 Be at one zone of the rope with other participant.

### **During the Special Task 12**

(moving through the ice area 1 (descent)).

Before beginning and during performing a special task, participants should:  
 Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

Check the knot on the end of the rope for descending.

#### **The participants are prohibited to:**

Wear the uniform specified by the Regulations, not correctly.  
 Leave the waiting area without the command of a mediator  
 Be at a stage without a protection helmet.  
 Be at a stage without crampons.  
 Be at one zone of the rope with other participant.

### **During the Special Task 13**

(forced march from Azau field to Priut 11).

Before beginning and during performing a special task, participants should:  
 Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

#### **The participants are prohibited to:**

Wear the uniform specified by the Regulations, not correctly.  
 Leave the waiting area without the command of a mediator.  
 Be at a stage without a protection helmet.

### **During the Special Task 14**

(forced march from the Azau field to the Priut 11).

Before beginning and during performing a special task, participants should:  
 Strictly and precisely obey requirements, instructions and commands of a group commander, group instructor (mountain training specialist), and mediator.

At the areas where direct vision is impossible, shorten the distance between the group members for providing of direct vision.

In case of rapid aggravation of weather conditions and dangers to life and health of the participants, stop moving to the summit and start descent to the camp.

In case of rapid aggravation of health condition, report to the group commander about that immediately.

#### **The participants are prohibited to:**

Wear the uniform specified by the Regulations, not correctly.  
 Leave the waiting area without the command of a mediator.

Be at a stage without a protection helmet.

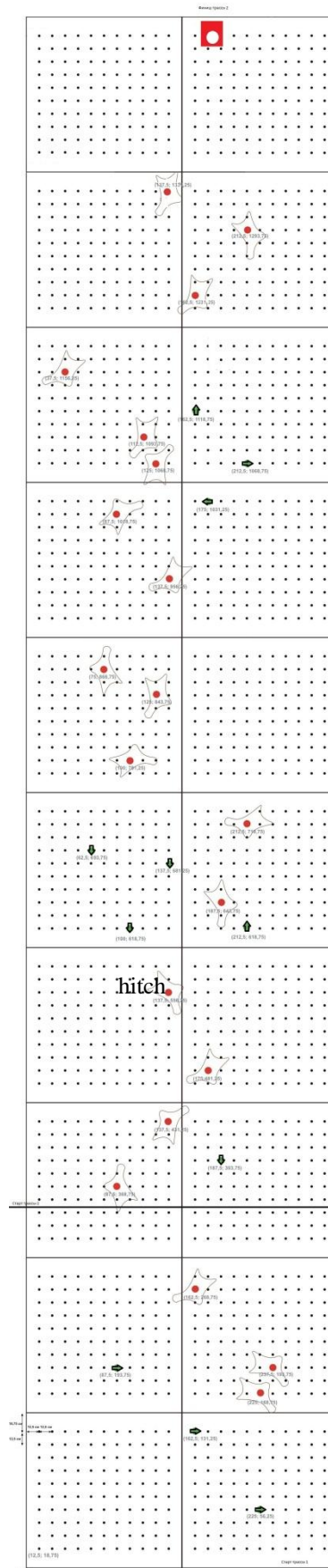
**Representative of the Team**\_\_\_\_\_

(signature, full name)

Appendix 7  
to the Regulations on Running  
the Competition 'Elbrus Ring'

International reference track 6B for carrying out of special task No. 1 Individual climbing on an artificial terrain (climbing wall).

small hitch



Remarks:

➡ - installation site of a



- big



finish button

Приложение № 8  
к Положению о проведении  
соревнования «Эльбрусское кольцо»

Техническая информация  
к специальной задаче № 2 «Ориентирование в горной местности»

**Место проведения:** окрестности поселка Терскол, «поляна Чегет».

**Характеристика местности:** слабо пересеченная горная, рельеф представлен пологими формами, 95% дистанции хвойный лес, проходимость леса от хорошей до средней, грунт мягкий задернован с большим количеством камней каменных россыпей, сеть дорог и троп развита хорошо.

Район соревнований с ЮГА ограничен крутым склоном горы Чегет, и рекой Донгуз – Орун, с севера рекой Баксан.

**Карта:** масштаб 1:10 000, формат А4, составлена в мае 2019 г., герметизирована в файл, печать карт и дистанций лазерная, легенды КП впечатаны в карту в виде символов и с обратной стороны в виде текста.

**Дистанция:** общее количество контрольных пунктов (КП) - 20.

**Отметка:** электронная «Sport-ident», отметка чипом на станции всеми участниками команды.

**Аварийный азимут (направление):** В случае потери ориентирования двигаться на запад вдоль реки Баксан против течения до моста.

Условные обозначения

101	основная горизонталь	401	окультуренное пространство (поле, огороды)
102	утолщённая горизонталь	402	----- " ----- с отдельными деревьями
103	вспомогательная горизонталь	403	неудобное для бега открытое пространство
104	бергштрих	404	----- " ----- с отдельными деревьями
109	промоина	405	легкопроходимая растительность
110	сухая канава	406	среднепроходимая растительность
111	бугор	407	----- " ----- с хорошей видимостью
112	микробугорок	408	труднопроходимая растительность
113	яма	409	----- " ----- с хорошей видимостью
114	микроямка	410	непроходимая растительность
115	воронка		
211	открытый песок		
501	автомагистраль	411	растительность проходимая в определённом направлении
502	широкая дорога с покрытием	412	сад
503	узкая дорога с покрытием	413	виноградник
504	улучшенная дорога	414	граница возделываемой земли
505	просёлочная дорога	415	возделываемая земля
506	тропа	416	чёткий контур растительности
507	тропинка	417	нечёткий контур растительности
508	теряющаяся тропинка	418	о особый объект растительности 1
509	узкая просека без тропы	419	о особый объект растительности 2
510	переправа с мостиком		
511	мостик	301	море, озеро, пруд
512	переправа без мостика	302	прудик
513	чёткая развилка дорог	303	воронка с водой
514	нечёткая развилка дорог	304	непреодолимая река
515	широкая откр./заросш. просека	305	преодолимая река
518	высоковольтная линия	306	ручей, канава
523	преодолимая ограда	307	пересыхающий ручей
524	полуразрушенная ограда	308	узкое болото
525	непреодолимая ограда	309	непроходимое болото
526	проход в заборе	310	болото
527	постройка	311	заболоченность
528	населённый пункт	312	колодец
537	высокая башня	313	родник
538	маленькая башня, смотровая площадка	314	особый объект гидрографии
539	каменная пирамида, столб		
540	кормушка		

# Символьные легенды контрольных пунктов

**А - порядковый номер КП**

**В - код КП (число больше 30)**

## С - расположение

- 0.1 ↓ - южный  
0.2 ↗ - северо-восточный  
0.3 ⇄ - верхний  
0.4 ⇄ - нижний  
0.5 || - средний

## Д - объект КП

### D1 - формы рельефа

- 1.1 ⤴ - терраса  
1.2 ⤴ - выступ  
1.3 ⤴ - лощина  
1.4 ⤴ - грунтовый обрыв  
1.5 ⤴ - карьер  
1.6 +++ - земляная насыпь  
1.7 Λ - промоина  
1.8 ⤴ - траншея/мал.промоина  
1.9 ○ - бугор  
1.10 • - бугорок  
1.11 )( - седловина  
1.12 ○ - яма  
1.13 U - немасштабная яма  
1.14 V - воронка  
1.15 ~ - микронеровности  
1.16 \* - муравейник

### D2 - скалы и камни

- 2.1 ▬ - скальная стена  
2.2 ▲ - скальный столб  
2.3 ✕ - пещера  
2.4 ▲ - камень  
2.5 ▲ - поле камней  
2.6 ▲ - группа камней  
2.7 ▬ - каменная поверхность  
2.8 \* - голая скала  
2.9 ] - проход

### D3 - гидрография

- 3.1 ☉ - озеро  
3.2 ☉ - прудик  
3.3 V - яма с водой  
3.4 ~ - река/ручей  
3.5 ~ - пересыхающая канава  
3.6 ~ - узкое болото  
3.7 ~ - болото  
3.8 ~ - сухая земля  
3.9 ○ - колодец  
3.10 ~ - родник  
3.11 ☐ - резервуар

## D4 - растительность

- 4.1 ◇ - открытое пространство  
4.2 ◇ - полуоткрытое пространство  
4.3 ◇ - угол леса  
4.4 ○ - поляна  
4.5 ✕ - заросли  
4.6 ✕ - "живая изгородь"  
4.7 ✕ - граница растительности  
4.8 ▲ - группа деревьев  
4.9 ▲ - отдельное дерево  
4.10 ⊗ - пень/корч

## D5 - искусственные сооружения

- 5.1 / - хорошая дорога  
5.2 / - тропа  
5.3 / - просека  
5.4 / - пешеходный мост  
5.5 ✕ - линия электропередач  
5.6 ✕ - опора линии электропер.  
5.7 ✕ - тоннель  
5.8 ✕ - каменная стена  
5.9 ✕ - ограда  
5.10 + - проход  
5.11 ■ - постройка  
5.12 ▨ - вытоптанное место  
5.13 □ - развалины  
5.14 ✕ - трубопровод  
5.15 T - вышка  
5.16 Γ - охотничья платформа  
5.17 ○ - граничный знак  
5.18 ↑ - кормушка  
5.19 ○ - кострище  
5.20 Δ - памятник  
5.23 Π - арка/проём  
5.24 ✕ - лестница

## D6 - специальные объекты

- 6.1 ✕ - значение поясняется в  
6.2 ○ - технической информации

## F - размеры (метры)

- 5.5 - высота/глубина  
7x5 - размер в плане  
1.5/2.0 - высота на склоне  
1.5/2.0 - высота двух объектов  
- комбинации  
10.1 ✕ - пересечение  
10.2 Y - развилка/слияние

Дистанция			Длина дистанции (км)			Набор высоты(м)	
A	B	C	D	E	F	G	H
Специальные указания/путь на финиш							

## Е - особенности объекта

- 8.1 — - низкий  
8.2 — - мелкий  
8.3 U - глубокий  
8.4 ▨ - заросший  
8.5 ○ - открытый  
8.6 ▲ - каменистый  
8.7 ≡ - заболоченный  
8.8 — - песчаный  
8.9 ▲ - хвойный  
8.10 ☉ - лиственный  
8.11 ↘ - упавший/разрушенный

## G - местоположение на объекте

- 11.1 ○ - северная сторона  
11.2 ○ - западный край, бровка  
11.3 ○ - северо-западная часть  
11.4 > - восточный угол (внутри)  
11.4 < - южный угол (снаружи)  
11.5 ↘ - юго-западный мыс  
11.6 < - изгиб  
11.7 > - северо-восточный конец  
11.8 | - верхняя часть  
11.9 | - нижняя часть  
11.10 ▬ - на верху, вершина  
11.11 □ - под  
11.12 L - подножие  
11.13 Q - юго-восточное подножие  
11.14 — - между

## H - прочая информация

- 12.1 + - медицинская помощь  
12.2 ☐ - питание  
12.3 ⚡ - радио-КП  
12.4 ⚖ - судья-контролёр

## Специальные указания

### Путь на финиш

○ — 40 — ○  
путь по маркировке непосредственно от КП

○ > — 100 — > ○  
сходящаяся маркировка (воронка)

начинается на некотором расстоянии от КП

○ 60 ○  
маркировка отсутствует

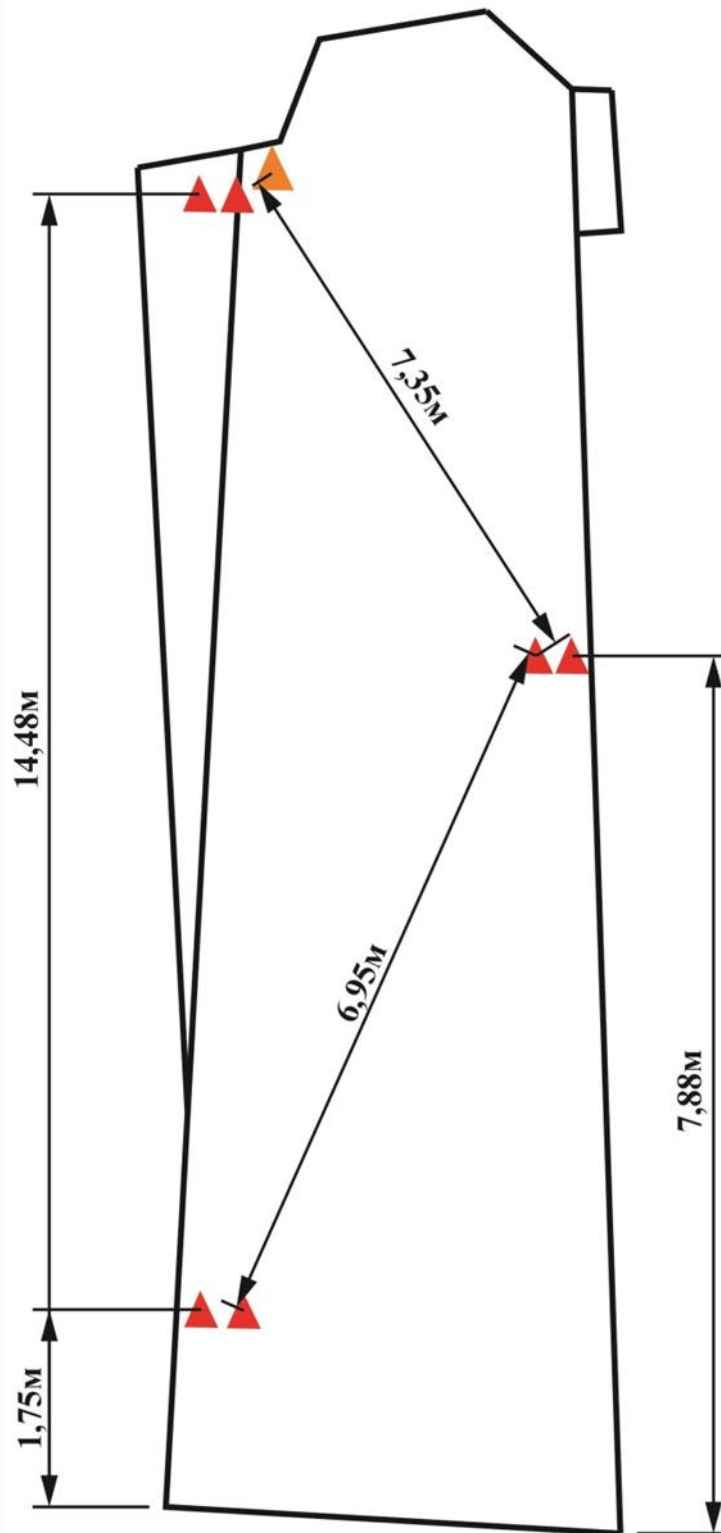
○ — 70 — ○  
обязательные точки/проход для посещения

○ — 70 — Δ  
от КП до пункта смены  
Число - расстояние  
O-Smolensk.RU  
Спортивное ориентирование  
в Смоленске



Appendix 9  
to the Regulations on Running  
the Competition 'Elbrus Ring'

Special Task 3: Climbing in a roped party on an artificial terrain (climbing wall).

**Трасса №1****Route №1**



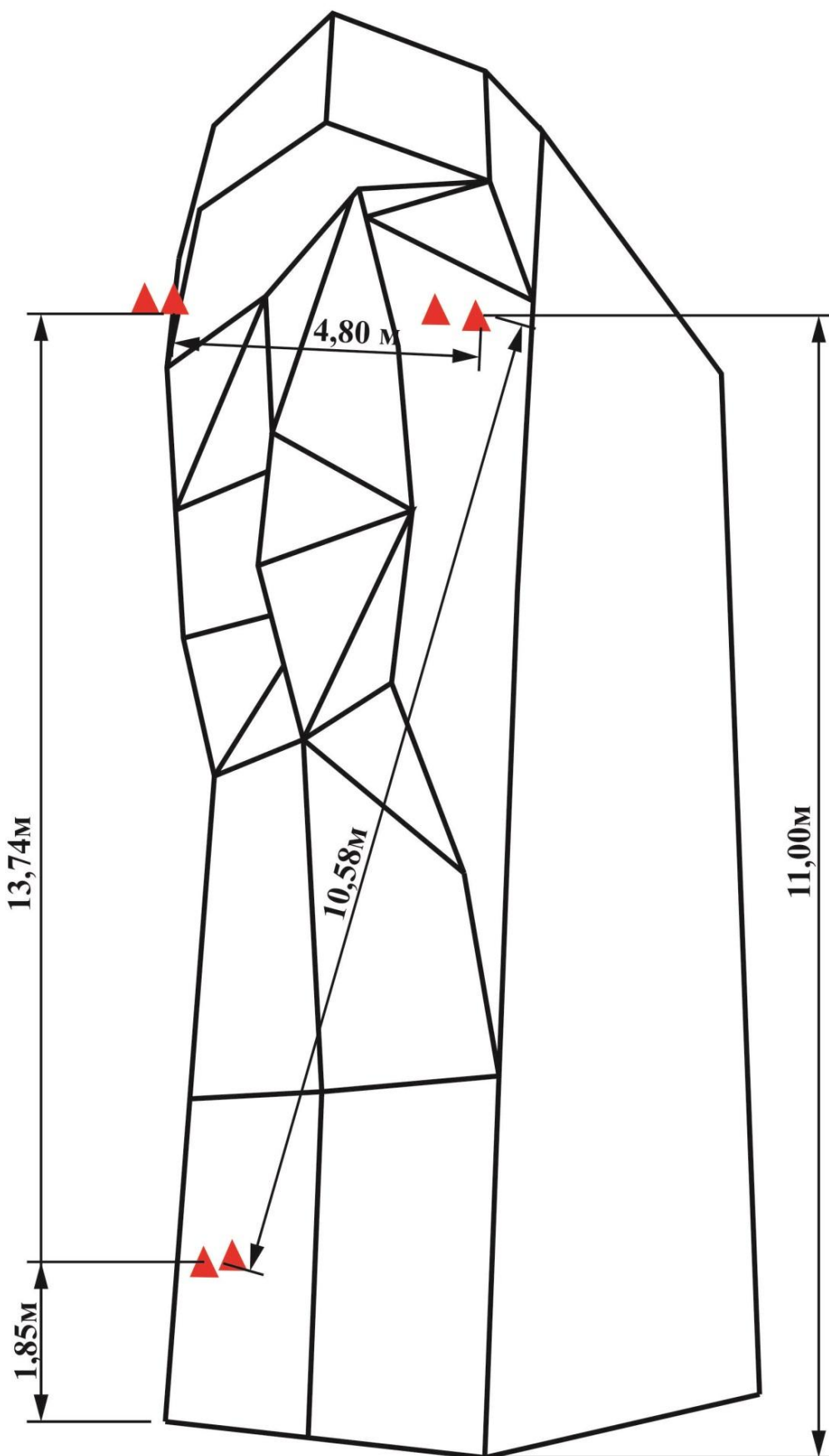




Note: Red squares are points for the organization of stations.  
Yellow squares are intermediate points of belay.  
Orange square – a trigger ring.

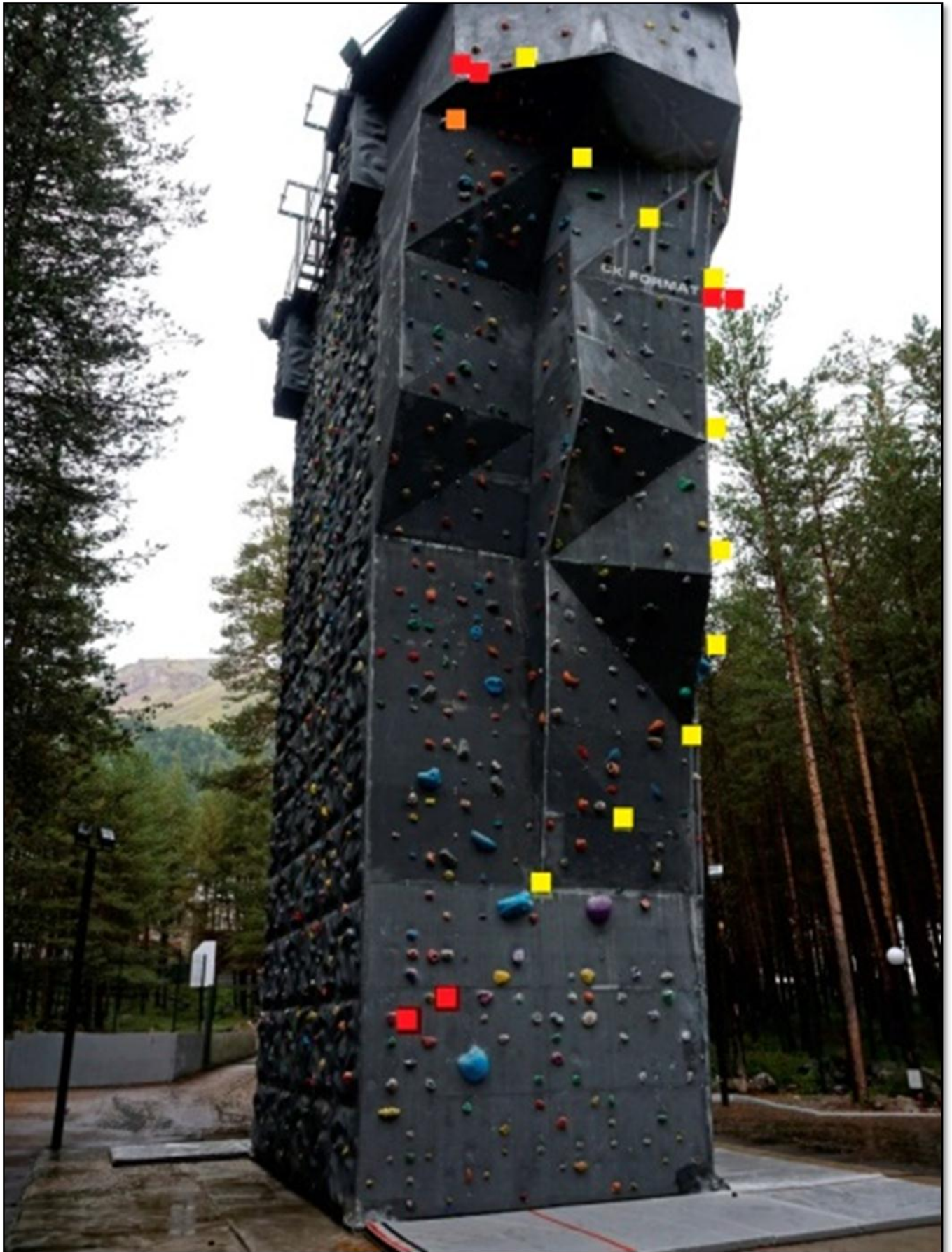


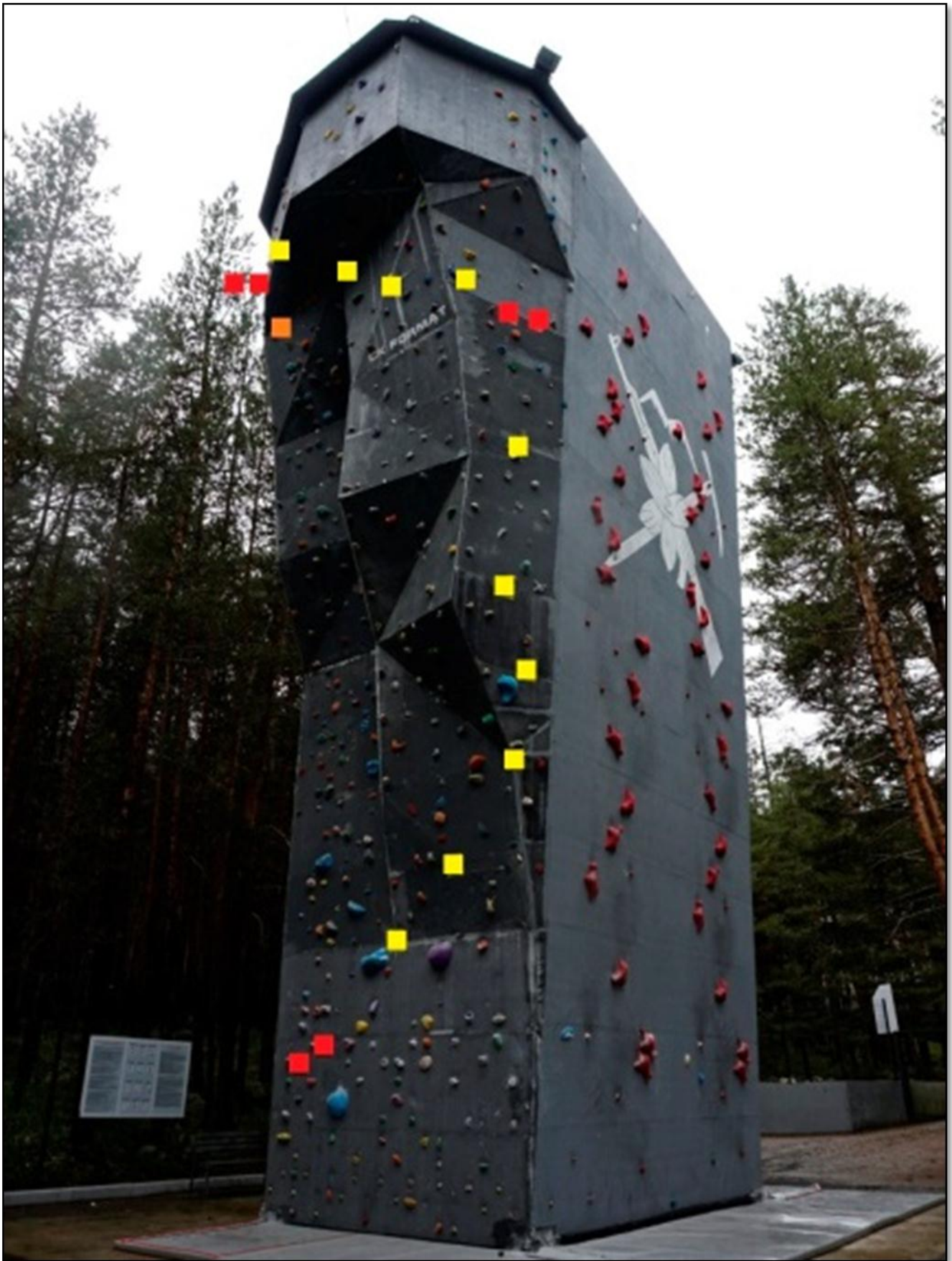
## Трасса №2



Примечание: Вынос станции №2-1м, вынос станции №3-2м.



**Route №2**



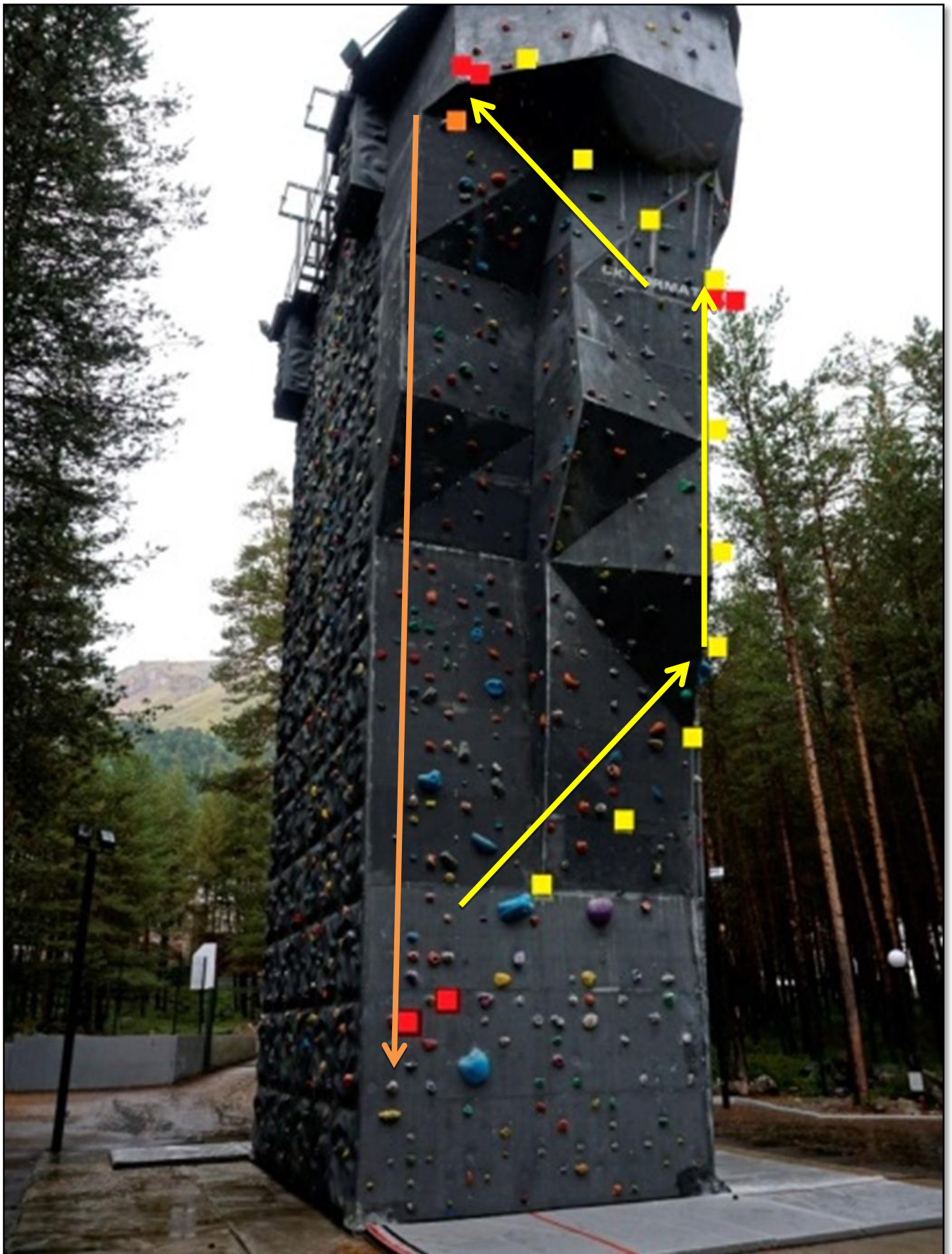
Note: Red squares are points for the organization of stations.  
Yellow squares are intermediate points of belay.  
Orange square – a trigger ring.



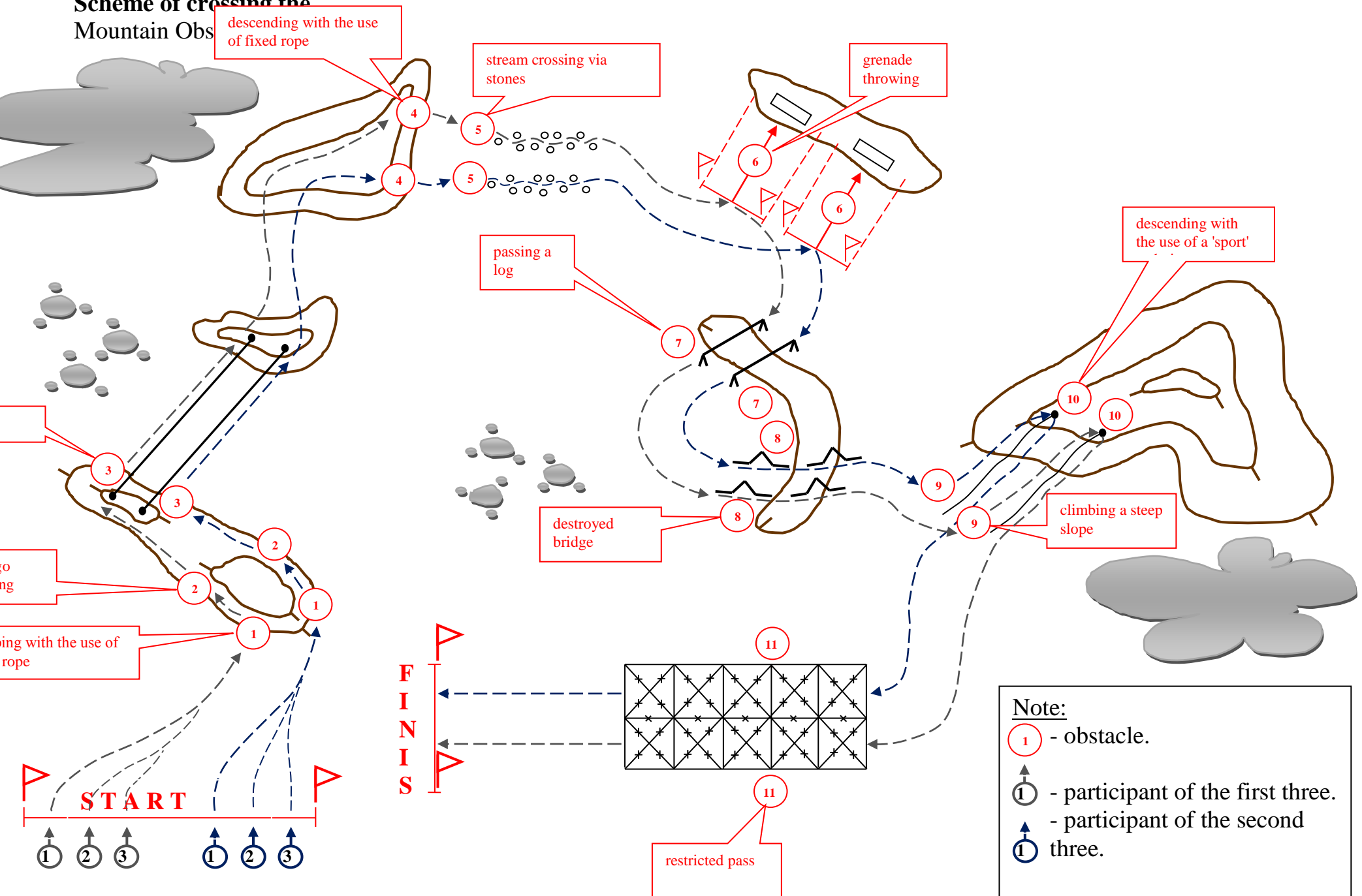
**Scheme of passing  
Route №1.**



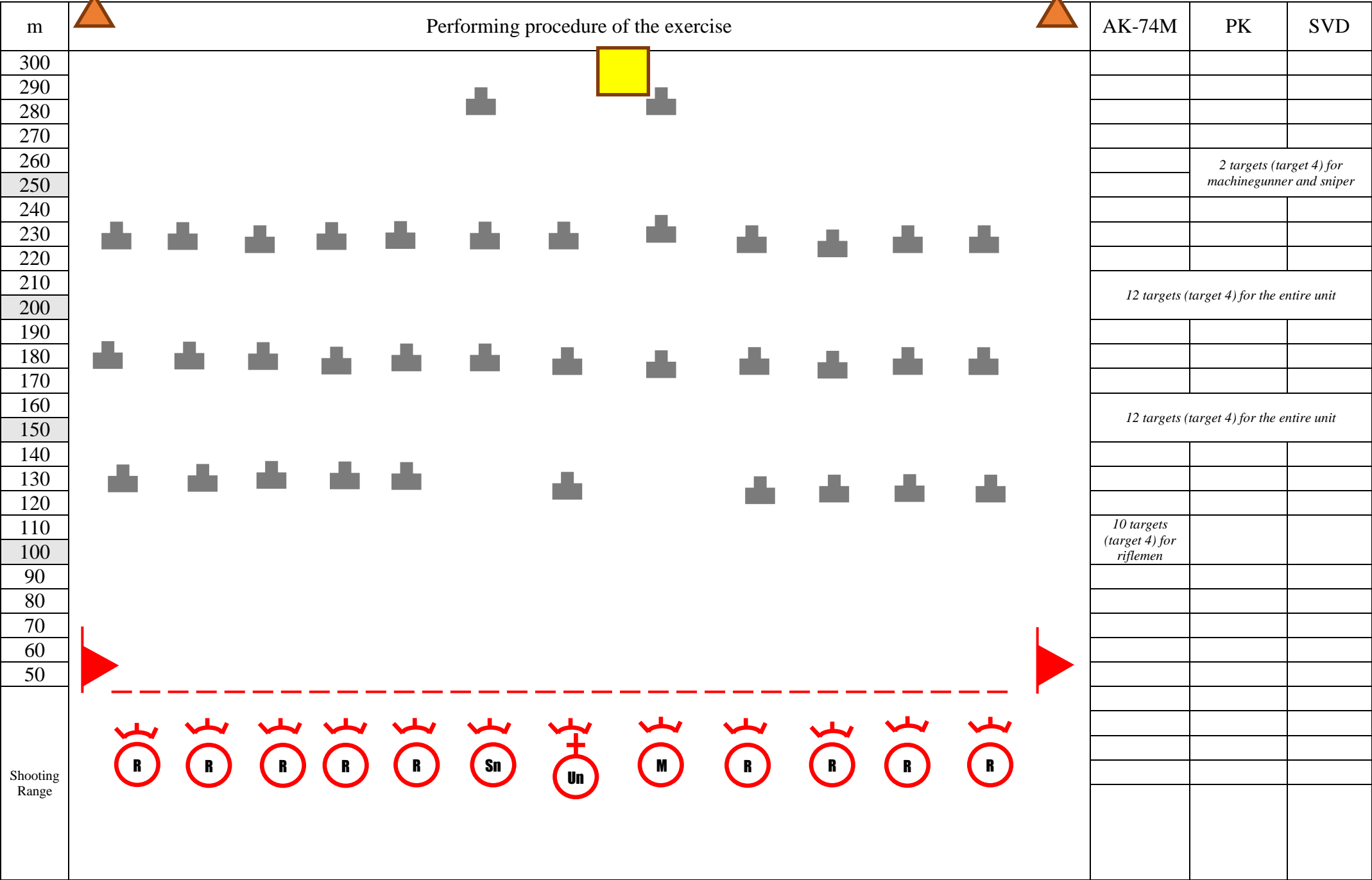


**Route №2.**

# Scheme of crossing the Mountain Obs



Target Scheme



Target 4 with circles

